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Street closures, transit reroutes challenge travel

GAMES Vancouver drivers and transit users struggled to get around the city yesterday after officials closed major roads and rerouted 18 bus routes in preparation for the Olympics.

In East Vancouver, Renfrew Street between Dundas and Hastings streets has been shut down because of its proximity to the Pacific Coliseum — which is an Olympic venue — leaving drivers with the task of finding alternate routes.

Around the Olympic Village, Midlothian Avenue between Ontario and Yukon streets and Ontario Street between East 29th and East 33rd avenues are now closed.

Downtown, the Robson and Cambie street buses have been rerouted, while many UBC-bound buses — including the 41, 43, 49 and 480 — will get to the bus loop via Marine Drive because Wesbrook Mall is closed.

It's going to get worse before it gets better. The Dunsmuir and Georgia Viaducts are set to close on Friday.

Most of the closures remain in effect until March.

KRISTEN THOMPSON/ METRO VANCOUVER

News on the Move
What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Vancouver Games
Countdown to 2010
Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — Skaters hope chemistry mixes into gold, see page 13
On the web
Visit metronews.ca for news updates

JEFF HODSON/METRO VANCOUVER

Officers from different police departments stand at the Pacific Coliseum in East Vancouver yesterday. More than 1,700 officers from 118 departments from across Canada have been seconded into the Vancouver 2010 Integrated Security Unit.

The waiting Games

Crowds, security require spectators to be hours early for events

VANCOUVER 2010 Games

JEFF HODSON
jeff.hodson@metronews.ca

Olympic spectators should arrive at venues two hours ahead of their event and be prepared to wait as they pass through airport-like security that includes metal detectors and X-ray screening for bags.

Each spectator will take between 30 seconds and a minute to pass the screening, organizers said yesterday, during a sneak peek of venue security.

"Get here early, get here on time," said Jan Damnavits, VANOC's director of venue management.

"If everybody arrives at the last minute, a half hour before the competition starts ... we'll get into problems. They won't make it in."

For mountain events (at Whistler, Cypress and the Callaghan Valley), spectators should arrive three hours early. The gates will open four hours ahead of the opening and closing ceremonies.

In addition to arriving early, spectators should carry as little as possible. Large golf umbrellas are banned, as are food and beverages at city venues (plastic water bottles are allowed at mountain venues).

> **"If everybody arrives at the last minute ... we'll get into problems. They won't make it in."**
> Jan Damnavits, VANOC

The security screening will be carried out by a staff of 5,000 personnel, operating under the supervision of the Vancouver 2010 Integrated Security Unit (ISU).

RCMP Staff Sgt. Michel Côté, a spokesman for the ISU, said his advice to spectators is simple:

"If there is something you wouldn't take on a commercial airliner, don't take it to a venue. ... That means no knives, no guns, no explosive substances."

The security is typical of recent Olympic Games, Damnavits added.

In order to speed up the process, those carrying nothing or bags smaller than a "loaf of bread," can take advantage of an express line that has a metal detector, but no X-ray screener. Bags and purses would be checked by hand.

A third line will screen people in wheelchairs or pushing strollers with young children.

The ISU is headed by the RCMP and made up of almost 6,000 officers.

Of those, 1,700 officers will be seconded from 118 police departments across the country. They will wear the uniforms of their home departments.

You can't bring in:

- weapons, like ammunition, knives and pepper spray.
- anything that promotes or incites hatred.
- fireworks and water balloon launchers.
- items that are aimed at ambush marketing, including clothing.
- signs and banners with political or religious sayings or content deemed provocative or obscene.
- flags of non-participating countries.
- recording devices or flash photography.

JEFF HODSON/METRO VANCOUVER

A screener welcomes a volunteer "spectator" during a demonstration of Olympic security at Pacific Coliseum.

Still room at inn, in the RV

OLYMPICS The Edmonton travel company that chartered a cruise ship to act as a floating hotel during the Olympics has drastically cut prices as the assumption that Vancouver hotels would be full turned out to be a myth.

Newwest Special Projects, which chartered the Norwegian Star cruise liner, has lowered prices to $275 a night from $700. The ship can accommodate more than 2,200 people.

"I can tell you that there is availability, that there are hotels even in the downtown core that do have rooms," said Walt Judas, vice-president of visitor services with Tourism Vancouver.

Jeff McDonald, a spokesman for Tourism Whistler, said the resort municipality also has rooms to fill as British Columbia moves closer and closer to welcoming the world.

"There are accommodations in Whistler for every night of the Games," he said.

But, both men pointed out, last-minute hotel hopefuls can expect to pay peak-season rates and a Games premium.

Judas estimated vacant hotel rooms in the Metro Vancouver region start at about $300 per night — higher for the downtown area.

Whistler hotel rooms last month cost anywhere from $400 to $1,200 per night, McDonald said.

And it also looks like Olympic visitors are choosing Recreational Vehicles, with one company saying rentals this February are up 80 per cent over the same month last year.

Bernie Lehmann, of Fraseresway RV Rentals in Delta, said winterized RVs go for roughly $200 to $300 per night and can accommodate up to six people.

METRO VANCOUVER WITH FILES FROM THE CANADIAN PRESS

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Local

1,000 Olympic cameras go online

A vast network of about 1,000 cameras went online yesterday to provide security for the Winter Olympic Games in Vancouver and Whistler. Chantal Bernier, Canada's assistant privacy commissioner, says the cameras will come down after the Games and any recordings can only be kept for a limited time unless they become evidence in a court case. THE CANADIAN PRESS

News in brief

ACCIDENT A Delta woman went into premature labour — and gave birth to a healthy baby via emergency C-section — after the car she was in was hit by an oncoming vehicle. The accident on Highway 10 involved three cars — two of which ended up in the ditch.

DEATH A 10-year-old girl was killed Sunday when the vehicle she was a passenger in rear-ended a city bus on the Lougheed Highway. The driver of the vehicle, a 47-year-old Port Moody man, and an 11-year-old boy suffered non-life-threatening injuries in the crash.

FERRIES B.C. Ferries is increasing the number of sailings during the Olympics by adding two additional sailings between Tsawwassen and Swartz Bay, and Horseshoe Bay and Departure Bay. There will also be an additional sailing between Horseshoe Bay and Langdale on the Sunshine Coast.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Blogs This year's Grammy winners prompt Backbeat to wonder about the troubled relationship between talent and success in popular music

Video Folk icon Kate McGarrigle honoured in song as hundreds attend Montreal funeral at **metronews.ca/canada**

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KRISTEN THOMPSON/METRO VANCOUVER

Const. Gordon Schmidke tickets a truck driver for talking on his cellphone while driving on East 41st Avenue yesterday. Police began enforcing a law that bans drivers from using handheld devices.

Blitz catches drivers

Cops start ticketing those using handheld devices

KRISTEN THOMPSON
kristen.thompson@metronews.ca

For the first time yesterday, chatty Vancouver drivers were ticketed for talking or texting on their cellphones.

A trio of officers near Main Street and East 41st Avenue issued seven $165 tickets within the first hour.

"I did have one truck driver who (claimed he) was unaware he could not hold a device in his hand," said Const. Gordon Schmidke. "I showed him the legislation that you could not hold anything in your hand while driving."

Schmidke said if the driver had been caught texting, he would also have lost three demerit points.

"I've still seen a lot of close calls where accidents could have occurred. (The law) is overdue."
Const. Wayne Sherris

The legislation that bans drivers from using handheld devices — iPods and GPS systems included — came into effect on Jan. 1, but police didn't start enforcing the law until yesterday.

Const. Wayne Sherris, who was spotting chatty drivers on East 41st Avenue and radioing his colleagues a block away, said if there's no clear-cut proof drivers were on their phones, they won't be ticketed.

Despite criticism that the new law is difficult to enforce and won't make drivers change their habits, Sherris said he's seen a "major reduction" in the number of people using their cellphones since Jan. 1.

"Having said that, I've still seen a lot of close calls where accidents could have occurred," he said. "(The law) is overdue."

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Groups condemn DTES 'spin' centre before foreign media

VANCOUVER 2010 Games

POVERTY The Downtown Eastside is catching the eye of international media in town for the Olympics.

A crush of media, including some foreign camera crews and reporters, showed up yesterday in the neighbourhood to hear community groups denounce what they deem a propaganda "spin" centre.

Earlier, B.C. Housing Minister Rich Coleman and Vancouver Mayor Gregor Robertson opened the Downtown Eastside Connect Centre, which they say will give visitors information about the poor and drug-plagued area in the middle of the Olympic heartland of the city.

Coleman said the centre will show how government subsidies have made a positive difference. The province subsidizes 7,000 social and supportive housing units a year.

Later in the day, several dozen protesters holding signs saying No Olympic Social Cleansing and Homeless Needs Homes gathered in front of the centre.

A reporter from the German public broadcaster ARD questioned Downtown Eastside activist Harsha Walia on the housing conditions in the area and what the government has done to improve the situation.

Ironically, most of the news conference was held amid the din of the Woodwards' condominium complex, which combines housing, commercial, retail and institutional space.

THE CANADIAN PRESS

Owners of Whistler-Blackcomb warn Ottawa of legal action

COMPENSATION The debt-ridden owners of Whistler-Blackcomb threatened the Canadian government with legal action if it doesn't pay $90 million before the Olympics start, the New York Post reported yesterday.

Fortress Investments, which owns Intrawest, the company that operates Whistler, reportedly negotiated with Ottawa to be financially compensated for the time the resort is closed to recreational users during the Olympics.

Intrawest's lenders have set Feb. 19 as the deadline to foreclose the company if it doesn't generate enough money to rearrange its debt — leading Intrawest to ask the Canadian government for compensation now.

Fortress Investments recently missed a debt payment of $524 million on a loan taken out by Intrawest in 2006.

METRO VANCOUVER

Majumder to host Atlantic Canada showcase at Games

Comedian Shaun Majumder will host the Atlantic Canada On Deck show six days a week during the 2010 Games at the Atlantic Canada House on Granville Island. The show features a variety of East Coast musicians, dancers and even a circus theatre. METRO NEWS SERVICES

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Centre gets Games souvenir

STIG NIELSEN
for Metro Vancouver

A Downtown Eastside community centre is getting $350,000 to refurbish its outdoor sports court — a gift from one of the Olympic sponsors.

Coca-Cola Canada announced yesterday it's rebuilding the court, which serves RayCam Community Centre users — 45 per cent of them live below the poverty line.

James Naknakin, 17, was part of the committee that drew up the plans for the park. To him, he said, getting a new basketball court is like getting the Superbowl.

"This is one of the craziest things I have ever imagined ... I am excited for the youth of the community as the sport court will give people of all ages the chance to play sports and be healthy," he said.

Coke is also donating 7,000 toques, scarves and vests made from recycled bottles collected at Olympic venues to the community centre.

JONATHAN HAYWARD/THE CANADIAN PRESS

Youth shoot baskets at a park in the Downtown Eastside yesterday that will be refurbished by Coca Cola as part of the legacy of sponsoring the Olympics.

RCMP warning public about passport scammer

SCAM Richmond RCMP are warning people about a scam artist they believe is stealing people's passports after luring them with phony restaurant jobs on a Chinese website.

The man, who goes by the name Kelvin Lee, posts job advertisements for employment at a "western restaurant" online at vansky.com.

According to victims, he then arranges to meet applicants outside the Earl's restaurant at Lansdowne Mall. He asks for their passports and resumes and heads into the mall to copy their documents, the RCMP claims. The victims wait outside the restaurant, they say, but the man does not return. Earl's is not affiliated with the man. The Cantonese-speaking man is in his mid-20s. He is about five feet, 10 inches tall, with a skinny build and short spiky brown-blond hair.

METRO VANCOUVER

Chopper believed to be used in drug trade seized

DRUGS Mounties in the Kootenays have seized a helicopter that they claim was used to ferry drugs across the U.S.-Canada border. The helicopter, a black Bell 206B Jet Ranger, was seized on Jan. 23, from a rural property south of Silverton, B.C.

The town, located on the edge of Slocan Lake, is the province's smallest municipality (pop. 185).

The Jet Ranger was airlifted to a nearby flatbed and was then trucked to a RCMP compound for storage to await a civil-forfeiture hearing.

METRO VANCOUVER

News in brief

DOG ATTACK A seven-year-old boy was taken to hospital with bite wounds to his buttocks after being attacked by a dog that had jumped through the open window of a parked car in Richmond.

THEFT RCMP in Maple Ridge have arrested a 38-year-old man after he allegedly stole a bait car. Police monitored the car's movements to 119 Avenue where the driver was nabbed.

BOMB THREAT Classes were suspended yesterday morning at Handsworth Secondary School in North Vancouver due to a bomb threat. It turned out to be a hoax and classes resumed in the afternoon.

METRO NEWS SERVICES

ALL NEW EPISODE
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Tonight, Rick bobsleds with the best at Canada's longest running Winter Carnival in Rossland, B.C.
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Seal hunt for Cape Breton going ahead
A federal fisheries official confirmed the department intends to authorize a grey seal hunt this month in a protected area off eastern Cape Breton. Andrew Newbould says a quota of 2,220 grey seals has been set for Hay Island, which is part of the Scaterie Island Wilderness Area. THE CANADIAN PRESS

Canada

Gay rights activist dies

Keith Norton, left, a high-profile Ontario Conservative cabinet minister who went on to champion gay rights and battle age discrimination as head of the province's human-rights commission, was remembered yesterday as a caring and compassionate man. Norton died Sunday night in Toronto General Hospital of cancer, his family said. He was 69. His political opponents and colleagues said Norton was a devoted public servant. THE CANADIAN PRESS

Three suspended at rights agency

Three senior managers at a government-funded rights agency rocked by allegations of Conservative meddling have been suspended, including one of its longest-serving employees.

A well-placed source with the organization told The Canadian Press that Marie-France Cloutier, Razmik Panossian and Charles Vallerand were suspended with pay from Rights and Democracy late Friday, and told that they were the subjects of an internal investigation.

The three were among the staff that had earlier declared non-confidence in the Conservative-appointed chairman and two board members. Cloutier, the resource and administrative director, has been with the organization since 1990, working alongside first president and former NDP leader Ed Broadbent.

The independent agency has been in turmoil for the last year, but the problems came to a head earlier this month when president Remy Beauregard died of a heart attack following a tense board meeting.

Beauregard had been in a struggle with three other board members over the direction of the agency, specifically on policy and funding decisions related to the Middle East. At the time of his death, he was disputing the details of a performance review that had been sent to government bosses without his input. Staff had declared non-confidence in those board members.

THE CANADIAN PRESS

Sabotage?

- The Liberals have accused Prime Minister Stephen Harper's government of trying to sabotage the organization from within.

News in brief

LEPINE A Quebec man behind an anti-feminist blog that allegedly glorifies Polytechnique killer Marc Lepine wants to get out of jail. Jean-Claude Rochefort has been behind bars since early December after he was charged with uttering death threats against women in general. The Crown alleges the self-described men's-rights advocate posted hateful and menacing comments toward women on his blog.

THE CANADIAN PRESS

BRAD BRZUI/THE CANADIAN PRESS/HO

Jackie Connors is a melanoma survivor featured in posters as part of the the Canadian Dermatology Association's new "Indoor Tanning is Out" campaign warning young women against the dangers of indoor tanning.

Group targeting indoor tanning

CANCER The spot was very dark, almost black, barely the size of a pencil eraser, and would bleed when Jackie Connors shaved her legs. She was shocked when doctors confirmed it was melanoma. From around age 16, Connors had frequented tanning salons, paying visits three times a week.

Now 36, Connors is part of a new campaign by the Canadian Dermatology Association that features melanoma survivors encouraging young women to learn the facts about indoor tanning.

The CDA has long advocated against indoor tanning use. But with its "Indoor Tanning is Out" campaign, launched yesterday, the organization representing Canada's dermatologists is targeting young women with its message.

The association says melanoma has become the third most common form of cancer among young Canadian women.

THE CANADIAN PRESS

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SCANLIFE

A new poll suggests Harper may be in trouble as Liberals gain traction in key ridings. Scan this code for the story.

Alleged Edwards sex tape a hot commodity?
A former aide to U.S. presidential candidate John Edwards said he's rejected offers of "gigantic amounts of money" to sell what he says is a sex tape showing Edwards with his former mistress. Andrew Young claims he found the tape in a box left in a home he shared with Edward's mistress Rielle Hunter. THE ASSOCIATED PRESS

World

China promises more rural money

China will boost spending in rural areas and let more farmers migrate to urban areas in a bid to close the widening income gap between villages and cities, government officials said yesterday. The nation's leaders are worried about lagging rural areas, where thousands of protests a year over living conditions and perceived government indifference threaten to undermine social stability. THE ASSOCIATED PRESS

U.S. budget: Bad news for Canada?

In his proposed $3.8-trillion US annual budget submitted to Congress yesterday, U.S. President Barack Obama is once again stressing job creation as a form of life support for the seriously-ailing U.S. economy.

"We won't be able to bring down this deficit overnight," Obama said in brief remarks at the White House after sending his budget proposal to Congress.

"We will continue, for example, to do what it takes to create jobs. The budget includes new tax cuts for people who invest in small business."

Obama's new-found focus on creating jobs, and the reappearance of the controversial Buy American provisions in yet another piece of mammoth legislation winding its way through Congress, spells more bad news for the Canada-U.S. relationship.

In his state of the union address last week, Obama said he backed "Jobs for Main Street," the $100-billion legislation with the Mom-and-apple-pie moniker that contains the very same Buy American measures that were part of the $787-billion economic stimulus package passed by Congress a year ago.

"What we're in for in the next few months, until the mid-term elections, is 'jobs for Americans' being a very attractive, populist political rallying cry for Congress," Birgit Matthiesen, the Washington-based senior adviser for Canadian Manufacturers and Exporters, said.

The seeming escalation of Buy American looms as negotiators from the U.S. and Canada are ensconced in 11th-hour talks revolving around a possible Canadian exemption from the protectionist provisions in the American Recovery and Reinvestment Act.

Rumours of an imminent deal have been swirling in D.C. in recent weeks, with whispers that Obama would use his executive power to deem that portions of the Canadian economy could be considered American since supply chains in both countries are so intrinsically entwined.

Yet it's unclear if a last-minute exemption from the recovery act would apply to any future Buy American provisions that could confront Canadian manufacturers in various pieces of legislation in the weeks and months ahead.

THE CANADIAN PRESS

Doing YouTube

- Barack Obama sat down yesterday to become the first U.S. president to take questions from constituents over YouTube. Obama spent about 40 minutes answering about a dozen of the more than 11,000 questions submitted by YouTube users during and after last Wednesday's State of the Union speech.

Americans knew taking children was wrong: Haitian prime minister

Haiti Crisis

PORT-AU-PRINCE Haiti's prime minister said yesterday that 10 Americans who tried to take a busload of undocumented Haitian children out of the country knew that "what they were doing was wrong," and could be prosecuted in the United States. Prime Minister Max Bellerive also said his country is open to having the Americans face U.S. justice, since most government buildings — including Haiti's courts — were crippled by the earthquake.

"It is clear now that they were trying to cross the border without papers.

It is clear now that some of the children have live parents," Bellerive said. "And it is clear now that they knew what they were doing was wrong."

If they were acting in good faith — as the Americans claim — "perhaps the courts will try to be more lenient with them," he said.

U.S. Embassy officials would not say whether Washington would accept hosting judicial proceedings for the Americans, who are mostly from Idaho. For now, the case remains in Haitian hands, State Department spokesman P.J. Crowley said.

The 33 kids, ranging in age from two months to 12 years, arrived with their names written in tape on their shirts at a children's home where some told aid workers they have surviving parents.

THE ASSOCIATED PRESS

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Obama scraps moon project

NASA U.S. President Barack Obama is redirecting America's space program, killing NASA's $100-billion plans to return astronauts to the moon and using much of that money for new rocket technology research.

The moon plan, which NASA had already spent $9.1 billion on, was based on old technology and revisiting old places astronauts had already been, officials said. The previous NASA chief, in selling the old moon plan, had even called it Apollo on steroids. "Simply put, we're putting the science back into the rocket science at NASA," White House science adviser John Holdren said at a budget briefing yesterday. The $4 billion that NASA spends yearly on human space exploration will now be used for what NASA and White House officials called dramatic changes in rocketry, including in-orbit fueling. THE ASSOCIATED PRESS

m.metronews.ca

No Google, no cry: Many Chinese are shrugging off Google's possible exit from the country. Scan this code for the story.

News in brief

ISRAEL The Israeli military said yesterday it reprimanded two high-ranking officers for approving the firing of artillery shells toward a UN compound during the Gaza Strip war last year — the first admission of any high-level wrongdoing during the offensive. Israel announced the punishment in a document submitted to the UN last Friday in response to a report that has accused Israel's military of committing war crimes, including the use of white phosphorus, an incendiary munition, in the attack. Israel is trying to stave off the report's central threat of launching war crimes proceedings if it does not carry out an independent investigation into the military's conduct during the fighting. Israel has said militants opened fire on Israeli troops from the compound — a charge the UN disputes.

THE ASSOCIATED PRESS

Iraq **Suicide attack targets Shiite pilgrims**

HADI MIZBAN/THE ASSOCIATED PRESS

Shiite pilgrims file into the holy city of Karbala yesterday, as faithful gather for Arbaeen. A female suicide bomber walking amongst Shiite pilgrims in Baghdad detonated an explosives belt yesterday, killing 54 and wounding more than 100, officials said.

Researchers discover Neanderthal teeth
A team of Polish scientists say they have discovered three Neanderthal teeth in a cave in the southern part of the country. THE ASSOCIATED PRESS

Church official apologizes

Jesuit leader says institution ignored child sex abuse

Germany's top Jesuit apologized yesterday for serial sexual abuse apparently committed by two priests at one of the country's most prestigious high schools, saying there was evidence of it for years, but Jesuit officials did not "react the way it would have been necessary."

At least 20 students were sexually abused by the two priests at Berlin's private Catholic Canisius Kolleg in the 1970s and 1980s, the school's director Father Klaus Mertes said at a joint press conference with Father Stefan Dartmann, the head of the Jesuit order of Germany.

That is much higher than the initial seven sexual abuse cases attributed to the two priests, Fathers Peter Riedel and Wolfgang Stab, that Mertes had reported last month.

"I am ashamed that nothing was done at the time. I also apologize that those responsible at the order at the time did not ... react the way that would have been necessary."
Father Stefan Dartmann

"I am ashamed that nothing was done at the time," Dartmann said at the news conference. "I also apologize that those responsible at the order at the time did not ... react the way it would have been necessary."

Dartmann conceded that the Jesuit order of Germany had had evidence of the sexual abuse cases since 1981, but had never informed parents, students or authorities. Such cases can no longer be prosecuted in Germany because of its statute of limitations, he said.

Canisius Kolleg is one of Germany's pre-eminent schools, the alma mater of many politicians, businesspeople and scientists. The scandal has become big news because Germany has not seen the major sexual abuse scandals involving the Roman Catholic church that the United States and Ireland have.

Riedel forced his students to masturbate and Stab exercised "excessive corporal rituals" in a sexual context, said Dartmann.

THE ASSOCIATED PRESS

News in brief

CALIFORNIA Giant squid weighing up to 60 pounds each have invaded the waters off Newport Beach and are being caught by sport fishermen by the hundreds. The squid showed up last week and anglers started booking twilight fishing trips over the weekend to catch them. The Humboldt squid is also called the jumbo squid. THE ASSOCIATED PRESS

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Comment

A different kind of Conservative

NationalReport

Stockwell Day kicked off his tenure as the new Treasury Board secretary with a folksy note. "Hello out there in Treasury Board land!" he wrote employees. "As your newly appointed president ... I don't mind telling you I'm feeling a little bit overwhelmed."

Yikes, he exclaimed, all these briefing books are so huge! So much to learn. His grandkids, he said, would be asking what do Treasury Board people do? "Do they take care of treasures?"

And Stock said he would tell them, "Well, kind of." And on he went in that chummy vein.

This is strange behaviour for a minister in Harperland. It's the kind of reaching out rarely seen in a government that is so uptight. But it's been Stock's way all along. He is the tension defuser, relaxed as can be. It's among the reasons he has been successful.

He is a remarkable story, a political Lazarus, a foremost example of the wisdom in the old adage — never give up, no matter how hard life is kicking you. Day, of course, is the former Alliance Party leader who imploded in the space of a year. He was derided as a lightweight, the guy who staged a drip-ping-wet press conference on an Okanagan beach. A party rebellion forced him out. It was thought he would never be heard from again.

But he quietly made strides, first as minister of public safety, then as trade minister. He's seen as a straight shooter. While colleagues have turned the Commons question period into a hackneyed circus of partisan exhibitionism, he gives reasonable answers.

At Treasury Board he will be on the hot seat, charged with bringing down the spiralling federal deficit. It's about credibility. And Day, who had so little of it some years ago, now finds himself as being among the most trusted performers on the Conservative front bench.

The other big guns are hurting. Environment Minister Jim Prentice has been given little to do on the global warming file except gather fossil awards. Defence Minister Peter MacKay was doing well, but took a big hit on the Richard Colvin file. Justice Minister Rob Nicholson's charges of the opposition being soft on crime ring hollow. His own government has done more to obstruct crime legislation through prorogations than have the opposition parties. Finance Minister Jim Flaherty is doing better, but his history in the portfolio is tarnished.

That leaves Stock Day. Who would have thunk it?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Please hold, your call is important to us

InBusiness

Here's some unsolicited advice for companies that want to make the most of the economic recovery, improve customer service and satisfaction, and create jobs.

What I'm going to suggest will cost, but it will boost revenues and, perhaps most importantly, improve customer loyalty. The idea is simple: Get rid of automated telephone systems and bring back the switchboard. Then, invest in customer service by hiring and developing skilled people who also possess the common sense to treat each customer call as unique.

Lest you think this is the raving of a hopeless Luddite, consider the corrosive effect of the phone systems and customer service regimes we have now. Automated phone systems are supposed to speed customers to the right destinations, often using computerized voices that sound eerily like your least favourite elementary school teacher.

But in this case, technology actually retards progress. It is one thing to punch in your language of choice, but it's instantaneously frustrating to navigate a series of choices, none of which may apply to your problem.

By the time you actually reach a human being, usually by stabbing the "0" button until your finger bleeds, your patience is frayed, only to be left in tatters when the person you're talking to gets you to repeat information you've already given and then proceeds to be thoroughly unhelpful.

Just imagine, however, if your call was immediately picked up by a live, courteous and smart person. Using knowledge of a company's workings, the operator could plug you in to someone who actually has the knowledge and communication skills to solve your problem.

The reality for businesses is that customer service is the vital front line. And sometimes technology isn't the solution, but part of the problem. Going retro just might be the answer.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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An important message from Toyota Canada.

As you know, we have issued a recall on select Toyota models in response to reports that, in rare cases, there is the possibility that the accelerator pedal may mechanically stick.

We have also taken the unprecedented step of suspending the production and delivery of the affected models.

We regret any loss of peace of mind that this recall may have caused. But a recall was necessary because we place the safety of you, our customers, above everything else.

We mobilized our engineering teams around the world to immediately find a solution for the problem. And they have. This will be applied to all affected models – on the road and on the production line – so that every Toyota owner can continue to feel confident in their vehicle.

This week, we will begin mailing information directly to every Toyota owner affected by this recall, with instructions on exactly what they should do next.

For the latest information we encourage you to visit our updated website at toyota.ca, contact your dealer, or call the customer interaction centre at 1-888-TOYOTA-8 (1-888-869-6828).

TOYOTA

Huge pay raise for Time Warner boss

Time Warner Inc. Chief Executive Jeffrey Bewkes is getting a pay raise potentially worth an extra $3.25 million US a year. The company last week approved a $250,000 increase in salary to $2 million a year. It also bumped his annual discretionary cash bonus by $1.5 million, and increased his long-term annual incentive compensation by $1.5 million. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Forestry industry must diversify: Study

The future of forestry lies in blending the production of traditional wood products with new eco-friendly ones such as biochemicals and bioenergy, says a new study.

The forest industry needs to extract the maximum value "from every tree harvested," Avrim Lazar, president of the Forest Products Association of Canada, said yesterday.

The study, based on interviews with 65 experts as well as industry leaders and government, predicts a bright future for the forest industry despite the economic downturn and the resultant 50,000 job losses and collapses in the demand for lumber and paper.

"What we need is a shift in business model, a new business model that still produces lumber, pulp and paper, but also extracts maximum value from every tree harvested," Lazar said.

"It's government's job to accelerate this transformation."
Avrim Lazar, president, Forest Products Association of Canada

"The message for government is that we have to re-examine our policies and programs to make this possible. It's not government's job to support the status quo, to inhibit change.

"It's government's job to accelerate this transformation."

The forest products association is calling on Ottawa to offer economic stimulus to facilitate the change through research, tax measures and other funding.

The payback will be a big increase in clean energy for Canada, sustainable jobs in the forest industry, and revitalized investment, Lazar said.

While demand for paper will continue to wane, he said most of the industry sees good future demand for lumber, pulp, bioenergy and other new wood products.

The challenge facing the industry is to capitalize on the demand for new products to restore growth, the president said.

THE CANADIAN PRESS

Cinram stock takes big dive

AGREEMENTS Stock in Toronto-based disc manufacturer Cinram International plunged nearly 60 per cent near midday after Warner Home Video said it is ending a key supply agreement between the companies.

It will be a huge blow to the Canadian income fund, one of the world's biggest DVD and CD manufacturers, which estimates about 28 per cent of its revenue last year came from Warner Home Video.

Cinram's units were down $1.72 to $1.19 on the Toronto Stock Exchange.

Warner Home Video and Cinram had worked together under an exclusive contract for six years.

Cinram says Warner's decision to terminate their agreement on July 31 will have an impact on its operations in Canada, the United States, Mexico and several European countries.

It didn't provide details on what the impact will be to its 17,000 employees.

THE CANADIAN PRESS

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Canwest makes changes to the sale of its major newspaper holdings after complaints from lenders. Scan this code for the story.

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Tokyo JAL leaves us in suspense

JUNJI KUROKAWA/THE ASSOCIATED PRESS

Japan Airlines' new chairman, Kazuo Inamori, reacts as he is asked by a photographer to pose after his press conference in Tokyo yesterday. The carrier will decide on its alliance partner "as soon as possible" but wouldn't provide a timeframe. JAL filed for bankruptcy two weeks ago.

Toyota expects month of repairs

RECALLS Toyota says all 270,000 vehicles in Canada affected by a huge recall should be able to have their defective accelerator pedals repaired within a month, with dealers expected to begin work on priority vehicles by the end of this week.

Customers who own a vehicle that has been recalled should expect a call from their dealer once they're ready to begin doing the repairs, Toyota Canada announced yesterday as it grappled with the biggest recall in company history.

"But needless to say, 270,000 people at once can't all be serviced simultaneously, so we're setting some priorities too," Toyota Canada managing director Stephen Beatty said in an interview yesterday.

Vehicles that have actually experienced the stickiness associated with the faulty pedal — blamed on excess friction resulting from wear and environmental problems — will be given first priority, followed by older, high-mileage vehicles.

After that, newer vehicles and vehicles that have been ordered by customers, but not yet delivered due to a sales halt will be serviced.

Many Toyota dealerships across the country are offering extended hours to meet the sheer volume of work that will come from having to repair the affected vehicles.

Beatty said the fix — installing reinforcement bars to eliminate the excess friction — is "a simple remedy" and mechanics will be able to repair individual vehicles quite quickly.

THE CANADIAN PRESS

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Toyota said yesterday all 270,000 recall vehicles in Canada will be repaired within a month.

AP, Yahoo remain on same 'web' page with new licensing deal

ONLINE The Associated Press has signed a licensing deal with Yahoo Inc. that gives the news co-operative a steady stream of revenue at a time less money is flowing in from newspapers and broadcasters.

The announcement by both companies yesterday didn't disclose the financial terms of the agreement.

The AP says it is still negotiating to renew its online licensing agreements with two other companies with far deeper pockets, Google Inc. and Microsoft Corp. Google stopped posting fresh AP content on its Web site in late December.

Users

- Yahoo, which has been posting AP content on its site since 1998, has nearly 600 million worldwide users.

Stung by the AP's first downturn in revenue in years, AP's management has said the co-operative needs to make more money from the online rights to its stories, photographs and video as more people flock to the web for information and entertainment.

It's unclear whether the AP achieved its financial objectives in the Yahoo deal.

THE ASSOCIATED PRESS

In brief

ENERGY Four major Canadian energy companies are set to reveal this week how they fared at the tail end of 2009 — arguably one of the toughest years in recent memory. Suncor Energy Inc. — the largest Canadian energy name — reports its results first thing this morning.

PUBLISHING Gannett Co., the largest U.S. newspaper publisher, said yesterday it turned a profit in the fourth quarter, helped by a drop in one-time costs and a smaller decline in ad sales. The earnings report showed Gannett has been able to slash expenses enough to stay profitable despite steady revenue declines.

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Understanding RRSPs

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

RRSPs are over half a century old but there's still a big misconception about them. At this time of year I commonly hear something like this: "I just bought an RRSP." Oh no you didn't.

Think of it this way, an RRSP is merely a box. And you don't buy it, you open it, like a bank account. The important part happens when you purchase products for that retirement box or account. The quality of what you choose will have a dramatic impact on whether you live skinny or fat in your golden years.

One reason so many people are confused about RRSPs lies in the way they have been promoted and sold. There's been too much focus on getting money into the RRSP and not enough on what happens afterwards.

When you set up monthly or lump sum RRSP contributions at your bank, an adviser usually offers boilerplate portfolios based on an assessment of your risk tolerance. These portfolios typically contain from six to 10 mutual funds with your money automatically parceled among them.

But are the individual funds the best available? Too often these packaged portfolios contain some good funds, some mediocre ones and some that are awful.

Additionally, banks and other financial institutions are predisposed to sell their own products, called proprietary funds, while there might be others which are better performers or which have lower fees.

The other mistake commonly made by contributors is to select funds, either on their own or with the help of an adviser, that fall into the same fund family. Rarely does one fund family do everything well. Some, for instance, are excellent at managing fixed income while others excel at domestic stocks.

Deposit money into your RRSP by all means, but don't be afraid to leave the contribution in cash while you evaluate your fund choices or those recommended by an adviser.

This is the question to ask of every investment: Is this product the top performer in its class? If not, don't buy it.

Alison's Money Rule

- The box that is your RRSP is the least important part of your retirement savings plan. What you put in the box is the most important.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Limits of spousal RRSP contributions

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q What is the maximum contribution to my wife's RRSP that I can deduct? If that money is withdrawn this year, how much will she get taxed? — Gord

A The maximum an individual may deduct on their tax returns is limited by the RRSP deduction available for the year, regardless if it's split with a spouse. Your wife can set up a spousal RRSP and you can make contributions, provided you have the room.

Withdrawals by your spouse from a spousal RRSP where contributions were made in the year or either of the two preceding years will be attributed back to the original contributor and taxed in the original contributor's hands (limited exceptions).

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

On the web

Investing:

- Allan Small discusses what has been happening in the market these past two weeks. The market has dropped even though corporate earnings have been good. Visit metronews.ca/investing.

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To: Bradley Ray Burrows

Your wife, Jacqueline Anne Hoskins (formerly Burrows) has filed a Family Law Action under No. CHI-S-E-8623 in the Chilliwack Registry of the Supreme Court of British Columbia.

Your whereabouts being unknown the Court has ordered Service of the Writ of Summons, Statement of Claim and a Notice to File a Form 89 Financial Statement in this action on you by this advertisement.

In the Family Law Action the Plaintiff claims maintenance for the support of your children pursuant to both the Divorce Act and the Family Relations Act and, if you fail to deliver a Form 89 Financial Statement, she seeks an order, for child support purposes imputing income to you, of $50,000.00 per year.

If you wish to defend the action, the steps you must take are set out in the Notice endorsed on the Writ of Summons and Statement of Claim, and on the Notice endorsed on the Notice

To File a Form 89 Family Statement. A copy of the Writ of Summons and Statement of Claim together with a Notice to File a Form 91 Financial Statement will be mailed to you on request addressed to the District Registrar, Supreme Court of British Columbia, Chilliwack Registry, 46085 Old Yale Road, Chilliwack, British Columbia V7P 2L8 with a copy to the Plaintiff's lawyer at the address below.

If you do not file an Appearance in the Chilliwack Registry and take the other steps set out in the Notice endorsed on the Writ of Summons within 21 days of publication of this advertisement then you will not be entitled to any further notice, and the Plaintiff may proceed and the relief claimed maybe given in your absence.

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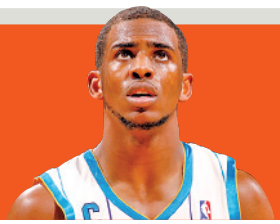
Strong return for Massa

Ferrari driver Felipe Massa returned yesterday to a competitive Formula One car for the first time since a life-threatening crash last summer and promptly set the fastest time in the season's debut test session. THE ASSOCIATED PRESS

Sports



Injury sidelines Paul

Charlotte Hornets all-star point guard Chris Paul, left, is out indefinitely with a left knee injury that will likely require surgery. An MRI revealed more damage to the knee than the initial diagnosis of a bruise, Hornets coach Jeff Bower said yesterday. The coach refused, however, to confirm reports that Paul had a meniscus tear and would miss at least a month. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

CURLING Jennifer Jones' bid for a third straight Scotties Tournament of Hearts title took a big hit yesterday after her foursome suffered a pair of shocking losses. The Canadian skip came into the day's action with a perfect 3-0 record, but followed a 10-4 loss to the Northwest Territories/Yukon with an 8-4 defeat to Newfoundland and Labrador in. Meanwhile, B.C. defeated New Brunswick 8-3 in Draw 7 yesterday, but lost 7-6 to Ontario in Draw 8. B.C. (3-2) is in a five-way tie for third place.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Edmonton 4 Carolina 2
Philadelphia 3 Calgary 0
Anaheim 3 Florida 0
Pittsburgh 5 Buffalo 4

NBA

YESTERDAY'S RESULTS

Boston 99 Washington 88
Denver 112 Sacramento 109 (OT)
Memphis 95 L.A. Lakers 93
Milwaukee 97 Miami 81
Phoenix 109 New Orleans 100
Portland 98 Charlotte 79
Utah 104 Dallas 92

Salo hopes to return tonight

Vancouver Canucks defenceman Sami Salo tested his sore groin yesterday and gave it a thumbs up.

Salo, who has missed four games with a groin injury, took part in a full practice at the Bell Centre and said he felt no pain. He expects to be in the lineup tonight when Vancouver takes on the Montreal Canadiens in the second game of their marathon 14-game road trip.

"It was the first time I skated with the team and I felt good, actually," said Salo, who practised in a pairing with Alexander Edler. "This was the first practice, so we'll see how it feels (Tuesday) morning."

Coach Alain Vigneault said that barring a setback, Salo should be in the lineup.

Montreal native Roberto Luongo is to make a 26th consecutive start in goal. He was yanked after allowing three goals in the first period in Toronto on Saturday night, although the Canucks rallied to beat the Maple Leafs 5-3 with Andrew Raycroft in the net.

CHRISTOPHER PASATIERI/GETTY IMAGES

Canucks defenceman Sami Salo has missed four games with a groin injury.

Vigneault expects Luongo to bounce back with a strong game.

"When I've had to take him out of games, he has always had great performances after," said Vigneault. "In the number of games that I play him, he's going to have some off nights and I'm sure he'll want to play really well."

The Canucks drubbed the Canadiens 7-1 in Vancouver on Oct. 7.

Montreal will be without its top goal-scorer Michael Cammalleri, who jammed his right knee during a 3-2 overtime loss in Ottawa on Saturday. Final results of medical tests are not expected until today, but the left winger is expected to be out for several weeks.

That leaves top centre Tomas Plekanec without either of his wingers, as Andrei Kostitsyn was already out with a knee injury. In practice yesterday, Plekanec skated with Sergei Kostitsyn and hot left-winger Benoit Pouliot, who has 11 goals in 18 games since joining Montreal in a trade from Minnesota. THE CANADIAN PRESS

Miles retires, joins Lions coaching staff

CFL Barron Miles is hanging up his helmet and picking up a clipboard and whistle.

The B.C. Lions veteran safety announced his retirement yesterday to become the club's defensive backs coach.

"I am very pleased to have Barron join the Lions coaching staff for the 2010 season as well as adding his talents to our scouting department," Wally Buono, the Lions head coach and GM, said in a statement.

THE CANADIAN PRESS

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ScanLife

Former players recall the "crazy" early days of the Super Bowl-bound New Orleans Saints. Scan this code for the story.

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Auto Collision, Refinishing, Auto Technician, Heavy Duty Commercial Transport Tuesday, Feb. 9, 11 a.m. – lobby, north building	Broadway
Rehab Assistant Tuesday, Feb. 9, 1 p.m. – room 4205	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).

Broadway campus, 1155 East Broadway.

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Martin won't play for U.S.
New Jersey Devils defenceman Paul Martin will not play for the United States in the Winter Olympics in Vancouver because of a slow-healing broken left forearm. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Will groundhog predict snow for Games?

The crocuses are sprouting from the ground and the cherry trees are in blossom, but Olympic organizers are still hoping they might be able to see a snowboarder's shadow today — Groundhog Day — telling them that winter may yet be on the way in time for the 2010 Winter Games.

Lore says that if the hibernating groundhog emerges on Feb. 2 and sees his shadow, there will be six more weeks of winter. But the Olympic host city is experiencing an unseasonably warm winter, even for Vancouver.

Forecast calls for warming

Matt MacDonald, a meteorologist at Environment Canada, said temperatures in Vancouver itself hit 9C by mid-afternoon yesterday.

But up at Cypress Mountain, located on the city's north shore and host of the freestyle skiing and snowboarding events, the mercury was sitting at -1C yesterday afternoon and Environment Canada's website announced it was snowing.

Still, the long-range forecast predicts a "slight warming trend" approaching the Winter Olympics opening ceremonies on Feb. 12, MacDonald said.

"It's still a long ways out and a lot could change rapidly," MacDonald said, adding light flurries at Cypress in the coming days should help the mountain architects continue to build runs.

B.C. has few groundhogs. What B.C. does have is the marmot, a furry relation of the groundhog and the inspiration for Muk Muk, the cartoon mascot of the Olympic Games.

And those marmots are still in full hibernation and won't be out to see any shadow, says Malcolm McAdie of the Marmot Recovery Foundation based on Vancouver Island.

"I guess we shouldn't be looking to the groundhog, we should be looking to other species of marmot. They're perfectly comfortable and they don't anticipate spring for a long time," said McAdie.

While Olympic organizers cross their fingers in hopes Vancouver weather will still flip like a snow globe in time for the Games, another bunch is happily rooting for daffodils.

"It will do away with the stereotype of Canada as being this frozen place where everybody lives in igloos," said Nancy Wong, spokeswoman for VanDusen Botanical Gardens. THE CANADIAN PRESS

Lucky Loonie out of its casing

COIN Canadians have a chance this month to bring the national Olympic hockey teams a touch of good luck for the Vancouver Games. The so-called Lucky Loonie's protective casing has been removed from the coin's display at the Hockey Hall of Fame in Toronto.

Hockey commentator Don Cherry was the first to touch the Lucky Loonie yesterday morning.

The coin has been at the Hall since shortly after Canada's men's and women's teams won gold at the 2002 Winter Olympics. THE CANADIAN PRESS

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Iginla ends slump just in time

HOCKEY As hard as it might be to believe, the Olympic men's hockey tournament is practically here. And there have been a few encouraging signs of late for those rooting on Team Canada in Vancouver.

One of the best came via a breakthrough week from Jarome Iginla, who was tops among Canadian Olympians with three goals and seven points in four games. The Calgary Flames captain had been locked in a nasty goal-scoring drought since receiving his third Games invite.

While coach Mike Babcock and executive director Steve Yzerman haven't publicly laid out roles for each player, it wouldn't be surprising if Iginla was given a spot on a scoring line.

The Olympic format calls for all games tied after overtime to be decided in a shootout.

Sidney Crosby leads the NHL in shootout scoring percentage this season, having converted on six of his seven attempts. The Pittsburgh Penguins star had his third game-deciding shootout goal on Sunday afternoon against Detroit.

Eric Staal also continued his hot run, putting up three goals and five points in three games. THE CANADIAN PRESS

Moir, Virtue partnership forged over a decade

ICE DANCE They lock eyes, clasp hands and the music starts, and for the next four minutes Tessa Virtue and Scott Moir skate as if there's nobody else in the building.

The Canadian ice dancing duo is among the best in the world, known for their innovative lifts, their intricate spins and footwork, and classic elegance in a discipline too often characterized by its kitschy costumes and cheesy routines.

Much of their allure is their unquestionable chemistry, their ability to capture an audience with their utterly believable romance.

But the two are just friends, their relationship forged over sweat and spills and spirals in the more than 10 years they've been partners.

"Maybe the reason why we've lasted so long is we respect each other as individuals and we love each other," Moir says. "We've been together for so long, we've grown up together, and we just have this respect for each other, and the skating works."

It wasn't always so.

For the first year of what would eventually flourish into a medal-winning partnership, Virtue and Moir barely spoke to one another.

"Noooo," Moir's mom Alma says, laughing. "He was kind of sweet on her at first, and at that age when you have to hold a girl's hand, it's like 'Oh no, I can't talk to her too.' It was funny the first little bit."

Alma and twin sister Carol, both former skaters who coach in Ilderton, Ont., partnered the two when Tessa was just seven and Scott was nine.

The sisters were standing together on the ice pondering a potential partner for Scott when Tessa happened to glide by.

"I thought, 'She would be pretty good,'" Alma says.

Virtue, 20, and the 22-year-old Moir — who did date briefly when they were younger — quickly developed into one of the top young dance tandems in the country, and in 2006 became the first Canadian ice dancers to win the ISU world junior championships. THE CANADIAN PRESS

STEVE RUSSELL/TORSTAR NEWS SERVICE

Tessa Virtue and Scott Moir perform during the Exhibition Gala after the BMO Canadian Figure Skating Championships at the John Labatt Centre in London, Ont., on Jan. 17.

Others to watch

- **Patrick Chan, Canada:** The 19-year-old, who won silver at the last Winter Games, hopes to bounce back from a rough season and win Canada's first men's figure skating gold.
- **Evgeni Plushenko, Russia:** The 2006 Olympic gold medallist came out of retirement for Vancouver, with his sights set on repeating as champion.
- **Kim Yu-Na, South Korea:** The 19-year-old who trains in Toronto with Canadian coach Brian Orser is the runaway favourite to win gold in Vancouver.
- **Oksana Domnina and Maxim Shabalin, Russia:** Domnina and Shabalin are the reigning world ice dance champions, and easily won the recent European championships.

Study tip
Know your learning style, and stick to it. For example, if you work best in the early morning, you will improve your results by studying at that time. **MBA-PROGRAMS.INFO/STUDY-TIPS.HTM**

MBA Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

MBA skill set in demand

RAFAEL BRUSILOW
for Metro Canada

With greater career mobility, pay increases and a skill set that makes graduates strong business leaders, the benefits of an MBA degree can be hard to pass up.

Among other things, an MBA degree can teach you crucial leadership, resource and people-management skills that are in demand for a large number of business organizations.

Leslee Harden, director of the MBA program at the Edwards School of Business in Saskatoon, says the best quality of an MBA degree is its holistic nature.

"I don't think there's any debate that an MBA is a ubiquitous degree — any organization can use someone with the kind of education an MBA can bring. Not only does an MBA allow access to careers within varies organizations, but across industries as well," Harden said.

"Any organization can use someone with the kind of education an MBA can bring."
Leslee Harden, Edwards School of Business

A recent study by U.S. human resources firm Accountemps showed that about 80 per cent of senior management staff at corporations and financial firms hold MBA degrees, suggesting the degree is considered by many to be a requirement for senior leaders. Figures from several sources, including businessweek.com, show a potential salary increase post-MBA to be anywhere from 30 to 80 per cent.

Harden says beyond the expected pay increase, an MBA can let technically skilled people such as scientists and engineers move into lucrative managerial roles and let others jump on senior positions that open up within an organization.

"An MBA degree is all about understanding the connections within business and managing people, money and processes to make effective business decisions — any business can use that," Harden said.

Jacquelin Thayer Scott, former president and current professor at the Shannon School of Business at Cape Breton University, says many MBA students come into the degree through job experiences rather than pre-planning — a good thing since that makes for a much more natural progression into the skills the degree teaches.

"A lot of graduates didn't initially see themselves as managers. They worked at an organization where eventually they did a good job and the boss asked them to take on management responsibilities — that's when they suddenly realized they didn't know how to manage," Scott said.

She says networking is a huge part of today's global business climate, so make sure to forge connections in the classroom.

"Take the opportunity in the classroom to get to know those students from other countries because you're creating a personal network that can be really valuable," Scott said.

Research key when deciding on where to get your degree

ROBYN YOUNG
for Metro Canada

When "shopping" for an MBA, Niki da Silva, from the Richard Ivey School of Business at the University of Western Ontario, says do your research.

"Start with defining: What are my must-haves? What must this program do?" said the director of MBA admissions and recruitment.

Whether it's program length or learning reputation, it's important to begin with a list of priorities, da Silva said.

Then try to narrow down, from the hundreds of options, to a more manageable shortlist of programs.

The Richard Ivey School of Business, for example, may be a good choice for those interested in being business managers in the health-care field.

A new $100-million building, the Ivey Centre for Health Innovation and Leadership is under way, making the school a great choice for health-sector MBAs.

Ivey may also be right for candidates looking to accelerate their leadership potential, said da Silva.

"There is a unique set of — we call them leadership essentials — at Ivey," she said.

"It certainly does set the school apart in terms of outcomes and a very tangible skills set upon graduating from an MBA program."

When choosing where to complete your MBA, it's important to have a list of priorities, experts say.

At the University of Toronto's Rotman School of Business, whose MBA beat out other Canadian programs in London's Financial Times rankings this year, an innovative approach built on integrative thinking sets it apart.

"Integrated thinking looks at different decision making models and provides different choices to them (the students)," said Richard Powers, associate dean and executive director of MBA programs at Rotman.

"Our students, being trained in that, are able to come up with unique solutions to very difficult problems."

York University's Schulich School of Business, also part of the Times' top 50, finds its strength in diversity, says Charmaine Courtis, executive director student services and international relations.

"Students not only come from different parts of the world, they come from different sectors (private, public and not for profit)," she said. "With each of these comes a different way of looking at things and multiple opportunities to learn to solve problems and create interesting management solutions."

Other high-ranking MBAs in central Canada include McGill's Desautels School of Management in Montreal; Queen's School of Business in Kingston, Ont.; and HEC Montreal.

More programs

• For a look at MBA programs in Eastern and Western Canada, go to page 15

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MBA grads 'make a big impact'

DANIEL TAM
for Metro Canada

Recent post-secondary graduates looking to build some momentum in their upstart careers could consider obtaining MBA degrees found in many of Western Canada's universities.

Twelve universities from British Columbia to Saskatchewan offer either full-time or part-time MBA programs for graduates who have aspirations to one day work in management positions.

Specializations are offered in everything from finance and marketing to entrepreneurship and strategic management to fit the needs of even the most diverse group of students.

Brian Yiu, an investment banker now residing in Hong Kong, went for his MBA in finance at UBC when he was 25.

"I had worked for two years at CIBC as a management trainee when I took a leave of absence to go back to UBC to get my MBA," said Yiu. "The degree helped me in being considered for new jobs and promotions."

Some notable graduates of MBA programs in Western Canada have made quite the impact in the business world as well as society. For example, president and CEO of HSBC Bank Canada Lindsay Gordon, as well as former Starbucks Asia Pacific president Pedro Man, are part of UBC's MBA alumni.

"(MBA programs) prepare graduates to go into a wide variety of management positions," said Ed Bukszar, associate dean at the Segal Graduate School of Business at SFU.

Students applying for their MBA come from a variety of academic backgrounds, said Bukszar.

"I've got an opera star in my class with a music background, sitting next to physicists, mathematicians and even a professional snowboarder," said Bukszar. "It's a very diverse group."

The education obtained through MBA programs can help students gain traction in their careers, said Bukszar.

"I honestly and completely believe that these people are going to make a big impact on the world," said Bukszar.

Altantic Canada schools a hit

JON TATTRIE
for Metro Canada

Atlantic Canada's entrepreneurial spirit makes it the ideal place for budding businesspeople to learn the trade, and universities across the region offer top MBA programs.

In Halifax, Saint Mary's University offers a bachelor of commerce and a master of business administration at its Sobey School of Business. After that, students can continue their studies with the executive master of business administration. According to Canadian Universities (Canadian-universities.net), it offers "some of Canada's best business education." It has about 103 students and tuition is $14,157 per year. A full-time MBA takes between 16 and 20 months.

Just down the road from SMU, Dalhousie University's School of Business Administration offers a corporate residency MBA. CU calls it one of the "premiere providers of education in management, and its traditional strengths has been in finance, informational technology, international business and marketing." It takes 22 months, has 100 students and tuition is $19,124 per year.

The cost for an MBA in Atlantic Canada ranges from $4,500 to $19,124 a year.

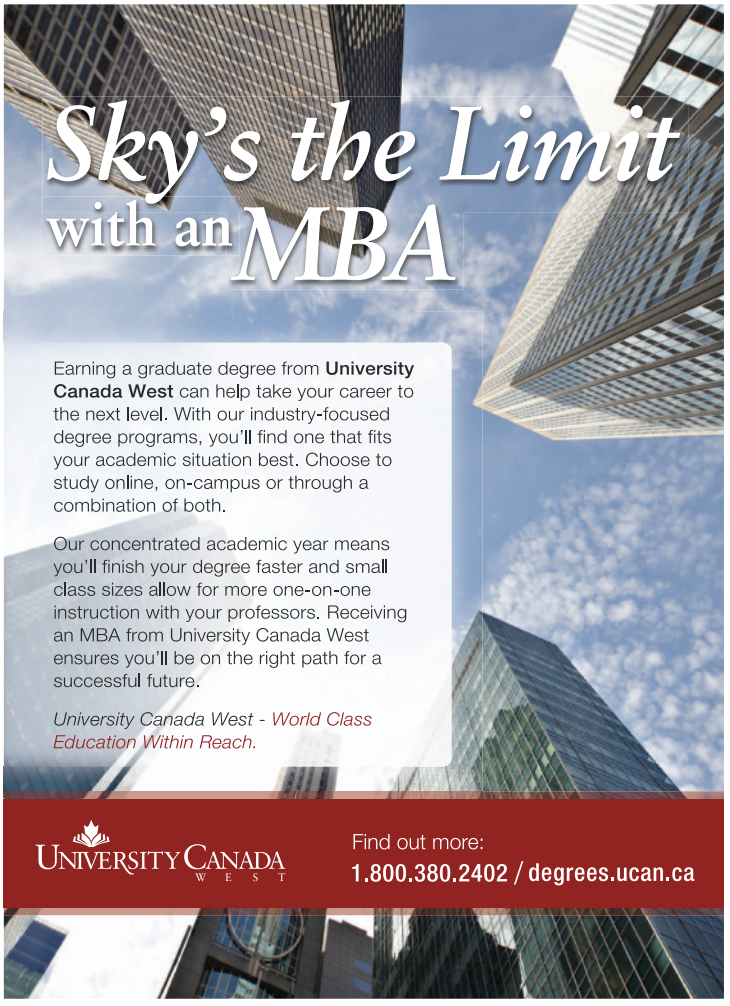
Head east and Cape Breton University's MBA program runs near Sydney. It "offers an educational experience, which is rooted in the culture, history and political economy of its home province." The MBA takes 16 to 20 months, has about 20 students and tuition is $18,240 per year.

In Fredericton, the University of New Brunswick offers "comprehensive and innovative educational opportunities emphasizing critical thinking, communication skills, financial and market literacy, and the importance of technology in the corporate world." Its MBA takes two years, with tuition at $16,679 a year, and has 97 students.

UNB also offers an MBA at its Saint John's campus. It boasts one of the lowest professor-student ratios in Canada, with about 50 students enrolled in the 12-month course. Tuition is $18,000 per year.

On the rock, Memorial University of Newfoundland (MUN) was the first in Atlantic Canada to receive accreditation from the Association to Advance Collegiate Schools of Business, one the world's foremost accrediting body for business schools. It takes about two years, has about 130 students and tuition is just $4,500 a year.

The other east-coast island province, Prince Edward Island, offers an executive-style MBA (basically an EMBA) at UPEI. The program started in 2008 and specializes in the study of biotechnology, management and entrepreneurship. It takes a minimum of two years, with a tuition of $11,000 per year. There are 70 students enrolled at present.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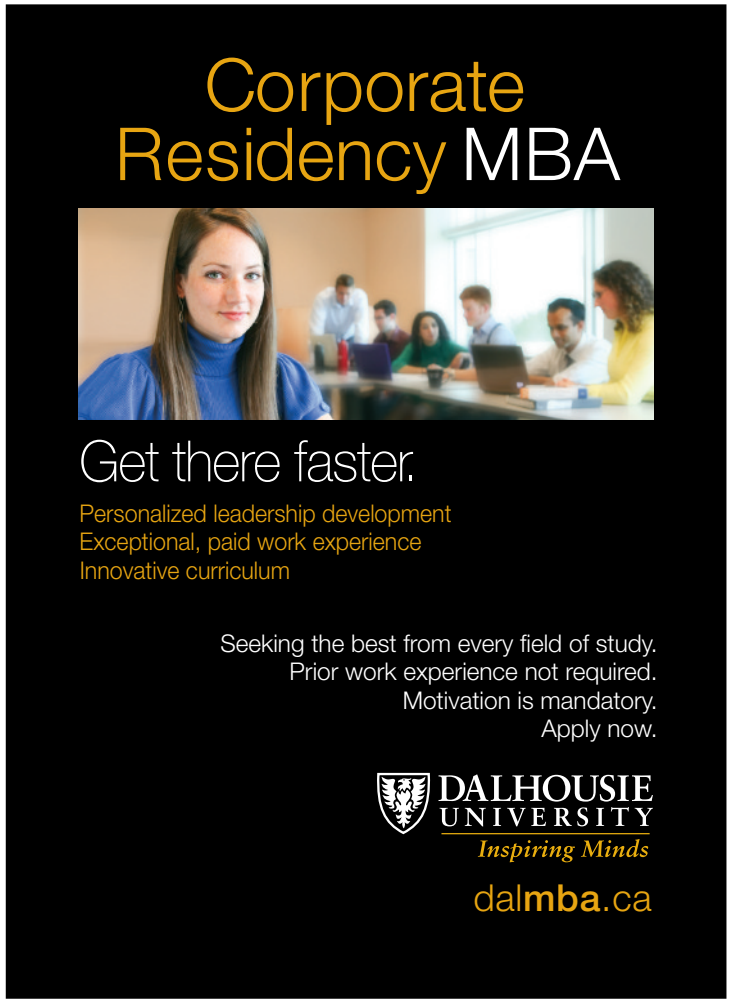
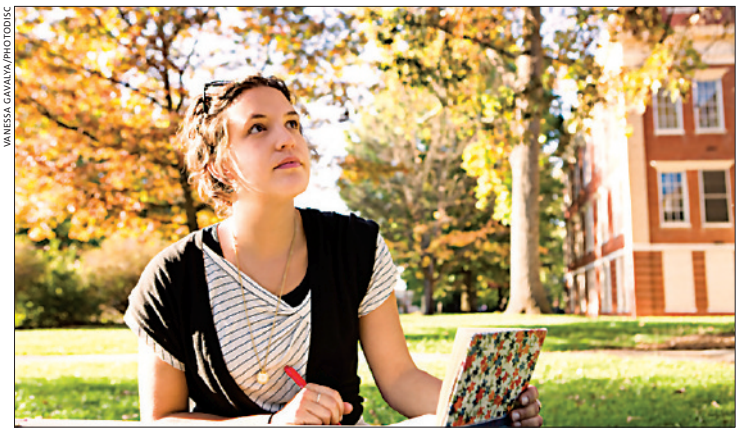


Know the score
The average GMAT score required by MBA schools in Canada is 550, but the average GMAT score attained by MBA students is 606. CANADIAN-UNIVERSITIES.NET


VANESSA GAVALYA/PHOTODISC

Green MBA students learn focus on sustainability while also considering how to maximize profits.

MBAs go green

More schools focusing on sustainability

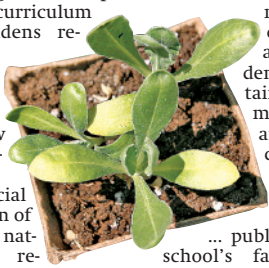
KEITH CARMAN
for Metro Canada

The industrial revolution had many impacts on our planet, two unforeseeable: Environmental havoc and, in turn, an admission that something must be done to alter this destructive path.

Everyone from marketing to manufacturing has taken up the ecosystem's cause, with two fiscally oriented fields in particular — business administration and post-secondary institutions — recognizing their part in social responsibility. Working together, they have updated the MBA through a fresh choice in distinction: Sustainability — a.k.a. the "Green" MBA.

Traditionally, an MBA focuses on a financial standpoint: Management, conventional economic theory and business ethics. However, as the reality of maintaining global finance is increasingly impacted by environmental concerns, business has acknowledged its accountability in maintaining current practice while ensuring future revenues. It must maximize profit while affecting Mother Nature minimally. In essence, business needs a balance of understanding economy and ecology; the Triple Bottom Line referred to insiders as People, Profit and Planet. Enter MBA graduates with a mind for the landscape.

In that respect, many Canadian universities now offer sustainability/social responsibility as an addendum to their continuing MBA programs. A curriculum that broadens respected business models to include three new criteria — economic (the financial implication of depleting natural resources); environmental (loss of commercial flora or faunae; global warming); and social (increasing population overtaxing the planet).



Completion of the green MBA is generally within the original course's duration of approximately four-and-a-half years from bachelor's degree to master's. Sixteen of those months focus more intensely on global impact, and the result is an MBA with accompanying diplomas characterizing attention to sustainability.

Growing in popularity, Green MBAs abound across Canada. Virtually every post-secondary institution offers a direct program or variation, creating a swath of carbon-offsetting footprints across the Great White North. The likes of Sauder (University of B.C.), University of Alberta and Manitoba, Richard Ivey (Western), Laurentian, McGill and more boast such programs, while York's Schulich School Of Business was deemed Top Global Green MBA school by non-profit humanities organization The Aspen Group (TAG) for 2009-2010. It beat out competitors such as Yale and Notre Dame thanks to what TAG identified in their latest report as an "extraordinary number of courses available to students that contain environmental, social and ethical content" and many "relevant scholarly articles ... published by the school's faculty members."

NANCY FALCONI/PHOTOGRAPHER'S CHOICE

York's Schulich School of Business was recently named the Top Global Green MBA school.

To that extent, distinction is crucial in garnering fresh enrolment to green MBAs. Halifax's Dalhousie boasts an MBA in natural resources, whereas the University of Victoria has embedded sustainability directly into all MBA and bachelor Of commerce degrees. Summarizing University Of Ottawa Professor David Wright, Telfer School of Management yields a green MBA that "directly addresses the business impact of (climate change), corporate social responsibility (and) ... identifying the business opportunities that arise from climate change."

It would seem commerce and universities are interested in a different sort of "green" these days.

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55,000 princess pendants recalled from Walmart
U.S. federal consumer safety regulators are announcing a recall of The Princess and The Frog movie-theme children's pendants, citing high levels of the toxic heavy metal cadmium. THE ASSOCIATED PRESS

Health & Beauty

Fighting the winter blues

CELIA MILNE
for Metro Canada

Down in the dumps? Got the blues? Early February can be a depressing time of year.

The days are short and dark, the weather is cold and dreary, holidays are scarce and debt is piling up.

It's not just you. January and February can be a real downer for many people, says Dr. Hymie Anisman, Canadian Research Chair in neuroscience at Carleton University in Ottawa.

What makes this time of year worse is the contrast between the happiness and energy we felt in December, versus the doldrums of mid-winter.

Doctors call this the "contrast effect." For many, December was fun — there were holidays, parties, people all around, activities, family and a festive mood. February is boring.

"We wouldn't feel nearly as bad without the 'contrast effect,'" says Anisman, whose work in stress-related disorders is funded by the Canadian Institutes for Health Research.

"You look out your window and it's gloomy and yucky. There is not a whole lot to look forward to."

Even to go for a walk is a bit of a drag — putting on your coat, gloves, hat, scarf and boots.

Winter blues can make you feel irritable and sad, lethargic and tired.

You might experience sleep disturbance, difficulty concentrating, and loss of appetite.

Or you may indulge in over-eating. Your symptoms are mild.

"These are biological changes that in severe forms can manifest as seasonal affective disorder," says Anisman.

His advice?

Two things: Get active and get together with other people. If you can do both at once, so much the better.

"Yeah, you can veg in front of the TV, but how many re-runs of CSI can you watch?

"Get off your butt. Plan a schedule. Force yourself to go to the gym."

The best activities for lightening your mood are those that involve other people. He recommends team activities such as indoor soccer and tennis.

Volleyball is a great winter sport because you play as a team of six.

"There's yelling and jumping around. It brings out happiness in people," he says.

If you don't like sports, get together with others to share a game. "Social support is a really super buffer against day-to-day pressures," says Dr. Anisman.

There is some scientific evidence that "playing" leads to better health.

Play activities are those in which no one feels like a loser — the joy is in the activity itself.

It's fun and it helps us lose track of time.

Getting active and getting together with other people will help chase those blues away.

"You might experience sleep disturbance, difficulty concentrating, and loss of appetite. Or you may indulge in over-eating. Your symptoms are mild."

Uncooked chicken linked to urinary tract infections

CELIA MILNE
for Metro Canada

SEXUAL HEALTH A researcher at McGill University in Montreal has found that E. coli bacteria found in chicken can indirectly cause urinary tract infections in women.

This bacteria, called Escherichia coli, lives in the intestine.

It can cause illness, but can also live there without making someone sick.

The new study, led by Amee Manges of McGill, found that in women, E. coli can spread from the anus to the vagina and urethra during sex, leading to an infection in the urinary tract.

Manges advised consumers to avoid contaminating kitchen surfaces and other foods with uncooked chicken juices.

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First reassessment of medical training in 100 years
A report released Thursday from the Association of Faculties of Medicine of Canada says it has a new blueprint for training Canadian medical students that addresses many of the challenges facing the current health-care system. THE CANADIAN PRESS

Banning sexual information

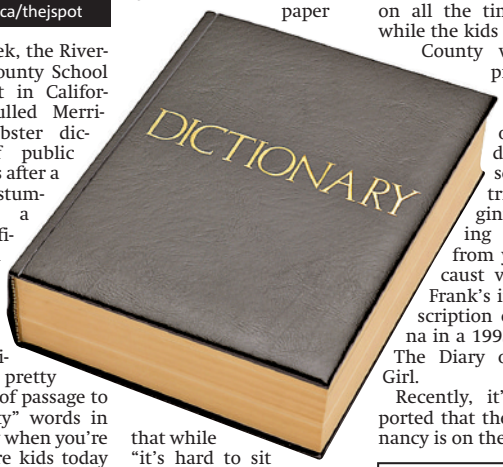
Removing accurate reference books is counterproductive

The J Spot
Josey Vogels

metronews.ca/thejspot

"Any kid with access to a computer and the ability to type ... into a search engine can get a lot more than a simple definition."

Last week, the Riverside County School District in California pulled Merriam-Webster dictionaries off public school shelves after a student "stumbled" upon a "graphic" definition for oral sex.



First of all, I doubt the kid "stumbled" upon the definition. It's pretty much a right of passage to look up "dirty" words in the dictionary when you're a kid. I'm sure kids today are not different.

And while the parent who complained may have found the definition — "oral stimulation of the genitals" — to be "graphic," I'm not quite sure how else one would define it.

In fact, I'm pretty sure the definition of the word "genitals," which this kid no doubt immediately looked up after "stumbling" upon the oral sex definition was equally, if not more graphic.

But luckily, the children of Riverside County will soon be protected from "stumbling" upon any graphic definitions as the district spokeswoman Betty Cadmus told the local paper that while "it's hard to sit and read the dictionary, but we'll be looking to find other things of a graphic nature."

Are they serious?

These days, any kid with access to a computer and the ability to type the words "oral sex" into a search engine can get a lot more than a simple definition. In fact, they can get definitions of it in Spanish, Italian and/or German as well as instructional videos on how to do it, pornographic images, and videos of it being done to information on how to protect oneself from STDs when doing it.

Still, banning books for their sexual content goes on all the time. In fact, while the kids of Riverside County were being protected from definitions of oral sex, students at a school district in Virginia were being protected from young holocaust victim Anne Frank's innocent description of her vagina in a 1995 version of The Diary of a Young Girl.

Recently, it's been reported that the teen pregnancy is on the rise for the first time in years. Some say this is no coincidence that this is happening after 10 years of mandated abstinence-only until marriage sex education in schools that has excluded or prohibited educators from teaching about contraception and condoms to young people in high school.

Keeping information about sex and sexuality doesn't help kids. Giving them solid, realistic and accurate information about it does. And frankly, I'd much rather my kid find out the definition of oral sex from a credible source such as the Merriam Webster dictionary than a really seriously graphic porn website like oralsex101.com.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Busting big health myths

ROMINA MCGUINNESS
for Metro World News

HEALTH MYTHS We all swear by some wacky exercise routine or crazy diet we think will leave us feeling lean and healthy. Celebrity fitness trainer James Duigan (model Elle Macpherson has been his client for the past 10 years) sheds some light on some of the biggest myths and misconceptions of food and exercise.

• **NO PAIN NO GAIN** You want to train smart, not hard. You can have an intense workout but that doesn't mean it has to hurt. Make sure you exercise with the correct goal; building muscle, toning up or burning fat.

• **EXERCISE ALONE IS ENOUGH TO LOSE WEIGHT** Eighty per cent of weight loss is to do with your nutrition and only 20 per cent is to do with exercise. Nutrition will not only affect your weight, it will also dictate how you look, feel and think — it has a huge effect on your mental state of mind. Drink a Coke and eat ice cream, and half an hour later you're likely to suffer from a huge sugar rush as your body has taken in large amounts of chemicals, sugar and artificial flavours. If you are serious about losing weight then you should minimize your intake of sugar, flour, bread and pasta — they are the most commonly abused. Alcohol should also be strictly limited as it's a real fat bomb says Duigan.

• **BAN ALL FATS FROM YOUR DIET** The body needs fat but people need to understand the crucial difference between good fats and bad fats. Essential fatty acids, found in oily fish (salmon, mackerel), avocado, nuts and flaxseeds, are the good kind. Duigan recommends taking two oily fish capsules a day to avoid deficiencies.

• **STICK TO THREE MEALS A DAY AND NEVER SNACK IN BETWEEN MEALS** The fastest way to strip fat is to eat foods containing plenty of fiber and protein, little and often. When training celebrities for a movie, Duigan makes them eat up to eight times a day and sometimes every hour in order to keep their metabolism ticking along.

• **NEVER EAT CARBOHYDRATES IN THE EVENING** Many people believe that they won't be able to burn off carbs at night but this is a bit of a myth. Carbs can actually help you get a good night's sleep so the best thing is to split your carb intake. The best is to combine a bowl of porridge for breakfast and brown rice at dinner.

• **IT'S NOT THE CALORIES THAT MATTER, BUT WHAT YOU EAT** It is and it isn't. You must be careful about what you eat and aware of the calories you are consuming. Getting your calories from organic fruit, meats and vegetables is better than getting them from processed foods

• **VEGETARIAN DIETS ARE HEALTHIER THAN MEAT ONES** Everyone is different, some people respond extremely well to vegetarian diets whereas others can get very sick. Healthy vegetarians should count themselves lucky as most people need meat in their diet. Many vegetarians are lacking a complete protein spectrum. Word of advice, pea protein has a brilliant amino acid profile; as do pulses, beans and whey powder.

• **LIFTING WEIGHTS WILL MAKE YOU LOOK BULKY** Unless you lift extreme weights then there is no reason for this to happen. The best thing is to avoid training like a body builder, therefore don't train with one. People will train you the way they train themselves, so if your trainer has veins popping out of their eyeballs, then it's probably best you avoid working out with them.

• **THE BEST TIME TO WORK OUT IS IN THE MORNING** Work out whenever you can and don't get caught up on the idea that there is a wrong or right time to exercise. Just do what suits you and your lifestyle best

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Keeping your New Year's resolutions

CELIA MILNE
for Metro Canada

HEALTH GOALS Many New Year's resolutions have been broken by now.

Losing weight, exercising more, quitting smoking and reducing stress are laudable goals, but not easy to maintain.

The good folks at Saint Louis University in Missouri bring us some tips for sticking to our resolutions.

• **SET ATTAINABLE GOALS** Instead of saying, "I'm going to reduce my stress," tell yourself how you will get there.

For example, make a schedule that includes yoga or cardio three times a week.

Declaring your health goals to your doctor will help you keep them.

• **HAVE A SUPPORT SYSTEM** Ask friends and family to help you.

• **DECLARE YOUR GOALS** Tell your family doctor or other trusted health professional what you are planning to do.

This will ensure that the plan is safe to begin with and, once you are underway, will mean you are accountable to someone you respect.

• **BE POSITIVE** Instead of thinking about what you are giving up, picture yourself as you will be when you achieve your goals.

For instance, if you're trying to lose weight, think about how good you will feel in a new, smaller size spring wardrobe.

• **DON'T SWEAT THE DETAILS** If you slip up, don't worry. It's the big picture that counts — lifelong better health.

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TIPS FOR PROTECTING YOUR SKIN WHILE ENJOYING THE GREAT OUTDOORS

February is one of the coldest months of the year but that doesn't mean we need to hibernate. It's a time to get outside and celebrate one of the best things about living in Canada – winter activities. Everyone is feeling the urge to lace up the skates, snap on those skis or go tobogganing with the kids.

It's important to remember that winter activities mean winter skin – cold, dry and flaky. Dry skin can appear anywhere on the body, but the most common areas tend to be lower legs, arms, hands, elbows, back, knees and abdomen. In such cases skin can feel tightened or itchy.

Another factor to consider is the sun. Sure we might ignore it when the barometer is less than zero but exposed, unprotected skin is still vulnerable to damage from the sun's ultraviolet rays. Facial sunburns are just as likely to occur on the ski slopes as they are during a blazing hot day at the beach.

One of the great things about outdoor winter activities is the fitness benefits they provide at a time when it's tempting to stay on the couch. Whether we're walking up a hill or shoveling snow from the driveway, we tend to work up quite a sweat under all those layers of warm clothing. This perspiration can result in loss of body fluids and moisture which can lead to dry, chapped skin.

TAKE ACTION AGAINST DRY WINTER SKIN

Don't let the prospect of winter skin force you to retreat indoors. Give your skin the treatment it deserves with **Olay Quench Advanced Relief Body Lotion.** Specifically formulated to help strengthen skin's moisture barrier over time, Olay Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin and Vitamin E, Olay Quench Advanced Relief is non-greasy and fragrance-free.

> Winter activities mean winter skin – cold, dry and flaky

Skin care tips for winter activity enthusiasts

Are you engaged in activities that keep you outside and exposed to the elements? Don't let dry, flaky skin become a hindrance. Here are some tips to help 'winter-proof' your skin.

1. USE A MOISTURIZER ON AREAS SUSCEPTIBLE TO DRY SKIN

The most common areas for dry skin include the legs, arms, hands, elbows, back, knees and abdomen . Cold, freezing air can dry out skin, even if you spend much of your time in the ski chalet drinking coco. Use an intense body lotion such as Olay Quench Advanced Relief to replenish any lost moisture.

2. LOWER INDOOR HEAT

While there's nothing like a hot shower or furnace to warm you up after a skating session, it's important to note that indoor heat has drying effects, so make sure you don't overdo it and consider using a humidifier at night which adds moisture to the air. Avoid harsh soaps when you shower and use a body lotion such as Quench Advanced Relief Body Lotion after you shower to lock in moisture.

3. KEEP HYDRATED

If you sweat on the slopes or elsewhere during winter, drink lots of water to avoid dehydration and dry skin.

4. PROTECT EXPOSED SKIN

Just because the temperature's cold, it doesn't mean that you won't get burned. Use a sunscreen with an SPF of 30 or higher, especially when in the snow. Sunscreen can help prevent wrinkles and other types of damage.

5. COVER YOUR LIPS

Lips are the first to dry out. A lip treatment with SPF protection will help keep your lips from drying and/or chapping.

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A rested mind holds more memories

When you learn something new and want to commit it to memory, it's often suggested that you take a little time to let it sink in.

This advice assumes new meaning in an intriguing study that scrutinized the brain before, during and after a task, and discovered interesting levels of activity in certain areas of the brain in a rest phase after the task. The researchers found that more brain activity during rest predicted better performance in a subsequent memory test.

"We wanted to look to see whether there were times of relative rest during the day that would allow your brain to sort of replay your recent experiences, and if that occurred, whether that would actually have any impact on memory," says Lila Davachi, an assistant professor of psychology and neural science at New York University, and senior author of the paper published this week in the journal Neuron.

By way of background, she explains that as memories get older, they become consolidated — stronger and more resistant to being forgotten.

"It's thought to be due to the fact they become more distributed in the brain so that instead of one part of the brain representing that memory, making it relatively sensitive and weak to changes, the memories over time become distributed and supported by multiple regions of the brain," she says.

"There's very good evidence that this kind of redistribution or consolidation of memory happens during sleep."

She and her team decided to look at the possible role of rest during the day.

The study began with baseline brain scans of 16 people aged 22 to 34 in a functional MRI. There were scans as they went through tasks that involved looking at images of faces, objects and scenes, and further scans during rest periods.

"Over a 20-minute period they performed an active task where we were showing them pictures of faces and objects and they were actively having to incorporate the two visual stimuli in each trial and make a response," Davachi says in an interview from New York.

"After that we simply told them to lay awake and rest in the scanner for another eight minutes, and that was our critical scan."

The researchers focused on brain regions that are believed to play a role in memory.

"What we found during the rest scan after the task is that the hippocampus was interacting more closely with the cortex than what we saw before the task," Davachi says.

In a post-study questionnaire, no subjects reported they had been thinking about any of the preceding stimuli during the rest scans.

Morris Moscovitch, a senior scientist at Toronto's Rotman Research Institute at Baycrest, says the results are interesting and exciting.

"What they've shown is that you form connections between various regions while you're encoding," says Moscovitch, who's also a professor of psychology at the University of Toronto.

"The simple lesson I guess to learn is that after you've had a period of intense learning, try not to now start learning something else intensely again."

The data suggest that moments of relative rest during the day — taking a walk, having a coffee break — might allow the brain to perform an active process that may encourage memory formation, she says.

THE CANADIAN PRESS

> **"The simple lesson I guess to learn is that after you've had a period of intense learning, try not to now start learning something else intensely again."**
> Morris Moscovitch, a senior scientist at Toronto's Rotman Research Institute

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Canadian wins culinary award
Justine de Valicourt of Montreal won the top spot in the eighth annual S.Pellegrino Almost Famous Chef Canada regional competition. Valicourt won for her signature dish of Venison in Wooden Flavours. THE CANADIAN PRESS

Food

Waves of chocolate

Shape matters in the competitive chocolate bar business. The makers of Nestlé Noir bars asked themselves: Why is chocolate made in almost flat squares? After three years and three dozen experimental shapes, they have introduced the wave. This new shape, its surface partly rippled, is meant to add visual appeal and improve that melt- in-your-mouth quality. Available at grocery and retail outlets for $3.99 (100g). TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Perking up recipes

New CBC host Osmond teaches back-to-basics cooking

CELIA MILNE
for Metro Canada

Kary Osmond will have you chopping, stirring and grilling in no time.

This bubbly brunette with big blue eyes blends cooking know-how with passion and flare. She's the host of CBC's new show Best Recipes Ever, on every day at 3 p.m.

Osmond, 30, grew up in a home where cooking was like breathing. Her parents owned a Ukrainian deli and catering business in Mississauga, Ont., so almost everything they did revolved around food. It was natural for her to help out, chopping vegetables and rolling Swedish meatballs even as a child. To this day, she thinks about cuisine all the time. "I sleep with cookbooks," she laughs.

In fact, Osmond thought all kids cooked, until she went away to school, where she realized none of her roommates had the faintest clue how to cook rice. So she taught them.

Osmond attended George Brown College Chef School in Toronto, Ont., and has worked as a chef. She always wanted to do a cooking show, but realized it might never happen. "I thought: How will I get started? I have no credibility. No one knows me." She took a job in marketing.

On the side, she planned a website for beginner cooks. She posted a temporary page showing her picture and bio. A recruiter for the CBC saw it and asked her to come in for an audition. Believe it or not, the audition was Osmond's first time in front of a camera. That freshness and spunk is what got her the job. "It's a dream come true," she says.

She was somewhat humbled after rehearsals, when CBC producers sent her home with a tape of herself. "I looked like a cooking show host on speed," she laughs. "I wasn't breathing or pausing. I was nervous."

Osmond taught herself to simmer down. She's now a veteran, with dozens of shows under her belt. Each show has a theme, such as Best Three Appetizers. She chooses dishes from Canadian Living's 30-year-old recipe library Tested Till Perfect.

m.metronews.ca

Scan this barcode for recipes from the show Best Recipes Ever.
Learn how to scan the barcode with the instructions at the top of pg 3

PHOTOS COURTESY OF CBC

Kary Osmond, host of the new show Best Recipes Ever, was recruited by the CBC based on a website she designed for beginner cooks. Her show airs daily and features a different theme each episode.

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James offers cash for canine

Jesse James really wants to find his missing dog — and he's willing to dig deep into his pockets. James just tweeted on Sunday that he was raising the reward for Cinnabun to an even $5,000 US. The dog went missing a week ago in Long Beach, Calif. TMZ.COM

Entertainment

One for Haiti

Simon Cowell's Helping Haiti charity single was completed on Saturday night. The song, a cover of REM's Everybody Hurts, features 21 artists, including Rod Stewart, Mariah Carey, Jon Bon Jovi and Susan Boyle. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Roberts finds Edge

Canadian actor lands major Hollywood roles

IAN GORMELY
for Metro Canada

Canadian actor Shawn Roberts co-stars with Mel Gibson in action thriller Edge of Darkness.

Edge of Darkness is playing in theatres

In their never-ending attempt to entice moviegoers to their features, film studios often simplify complicated or convoluted plots in film trailers. But in doing so, they sometimes fail to convey the full scope of a movie. So is the case with Edge of Darkness, Mel Gibson's first acting role since 2003.

Trailers have sold the film as a revenge thriller with Gibson, cast as a father pushed to the edge trying to find his daughter's killer. And while that is at the heart of the film, it's only one element of this multi-faceted film. "Yes, there's much more of a story there," jokes Shawn Roberts who plays Gibson's daughter's boyfriend in the movie. "It's one of those old fashioned movies."

That story, which also includes double crosses and political and corporate intrigued was based on a 1985 BBC series of the same name and adapted, among others, by William Monahan who also penned The Departed.

Roberts, a Stratford, Ont., native who now spends most of his time in Vancouver, shared all of his scenes with Gibson, who he described more than anything as "just a guy."

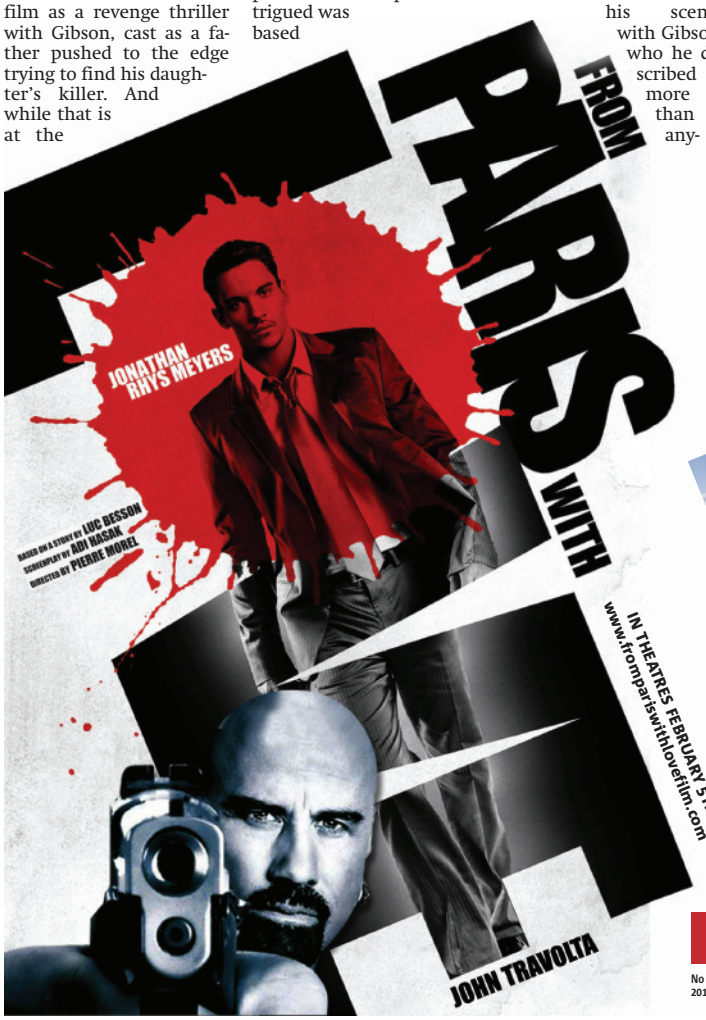
"He can go from being Mel Gibson, to being (his character) Thomas Craven in a flash. I'm sitting there on the side of the set getting ready for my seven pages of 'Oh my God, I'm just about to die' dialogue and he's fiddling around with stuff on set, and joking with crew members. And the second that rolling is called out, he's there and he's on."

To get the part Roberts made an audition tape and sent it to the film's director, Martin Campbell. But after some reflection Roberts decided to send another.

"I made one tape up in Vancouver and sent it down, but I wasn't terribly pleased with it," he says. He decided to make another in the hopes that the director would disregard the original. "You can keep it, you can send it," he thought, "but I'm making another one."

Despite the high profile Hollywood gig, which will be followed by a role in the latest instalment of the Resident Evil series, Roberts's still doesn't see himself as having "made it" in Hollywood.

"I think one of the strongest messages is don't come to Hollywood until they come calling," he says. "And I don't think I've made that transition yet."



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Broken Social Scene announce new album

Broken Social Scene will be releasing a new, as-yet-untitled album on May 4, on Arts & Crafts. Co-produced by the band and Tortoise's John McEntire, the new album is the followup to the band's self-titled third record, released in 2005. METRO NEWS SERVICES

Nomination day for Oscar

Avatar director James Cameron reviews a scene with actors Sigourney weaver, Joel David Moore and Sam Wothington. The film is expected to be nominated for several Academy Awards today.

James Cameron can deliver an audience, whether at movie theatres or at the Academy Awards, whether in the frosty North Atlantic or on a lush world light-years away.

The Canadian director's science-fiction sensation Avatar is among a strong crop of popular films in the running for Oscar nominations today, the sort of hits organizers hope can elevate the modest TV ratings the ceremony has drawn in recent years.

Along with Avatar, prospects in the Oscar's newly expanded best-picture race of 10 films include two other sci-fi smashes, Star Trek and District 9, the Second World War hit Inglourious Basterds and the animated blockbuster Up.

Also contending are such critical darlings as the recession tale Up in the Air from Montreal-born director Jason Reitman, the war-on-terror thriller The Hurt Locker, the Nelson Mandela story Invictus and the teen dramas An Education and Precious: Based on the Novel Push By Sapphire.

Among acting favourites are lead players Sandra Bullock for the football drama The Blind Side and Jeff Bridges for the country-music tale Crazy Heart, and supporting performers Mo'Nique for Precious and Christoph Waltz for Inglourious Basterds. All four won Golden Globes for the roles.

The Oscar nominations will be unveiled today

Cameron made the two biggest modern blockbusters with 1997's Titanic, set aboard the doomed luxury liner on its maiden Atlantic crossing, and Avatar, a tale of humans and aliens in conflict on a distant moon.

Titanic did $1.84 billion US at the box office worldwide. Just before his new sci-fi epic opened in December, Cameron said, "I don't expect that kind of performance out of Avatar."

Yet Avatar, which won for best drama and director at the Golden Globes, has shot past Titanic, heading beyond $2 billion with plenty of box-office life left in it.

Oscar TV ratings typically rise when a major commercial hit is among the favourites. Titanic dominated the Oscars and lured the biggest TV audience ever — 55.2 million viewers — for Hollywood's premier party.

The TV audience has been well below that mark since then, bottoming out at 32 million two years ago, when No Country for Old Men was the big winner, and coming in at 36.3 million last year, when Slumdog Millionaire took best picture.

Oscar organizers decided last summer to double the best-picture field to 10 movies, saying they felt there were more than five worthy contenders.

The expanded best-picture category caught Hollywood by surprise, with filmmakers, actors, studio executives and others divided over the idea. Some say it opens the Oscars up to a broader range of films, others think it might allow lesser movies to sneak into the best-picture competition.

Among those with reservations:

— "I'm never up for lowering the standards. Every one of the nominees should be able to win best picture, and if that can't be said, I'm not sure what the reasoning is behind it," said M. Night Shyamalan, who made the 1999 best-picture nominee The Sixth Sense.

— "Does that make the awards more prestigious? No. I think it makes it less prestigious," said Harry Potter producer David Heyman. "But listen, if I were ever one of the 10, I'd be very proud and very happy."

— "It seems like it might take away a little bit of the exclusivity of being a nominee out of five, rather than to be a nominee out of 10," said Michael Douglas, a producer of 1975 best-picture winner One Flew Over the Cuckoo's Nest and the 1987 best-actor winner for Wall Street.

Among those who think it might be a good idea:

"Consider critics. No critic has trouble coming up with a top-10 list," said The Dark Knight director Christopher Nolan, who earned a screenplay nomination for 2001's Memento. "When you look at the critics' top-10 lists, they're broad lists, a lot of different types of movies. That works very well for critics, and maybe it'll work for the academy."

"I believe in a year where you would have Up in the Air and Precious alongside Avatar and Up, I think all it does is bring more attention to the smaller films maybe people wouldn't see," said Jake Gyllenhaal, a 2005 Oscar nominee for Brokeback Mountain.

THE ASSOCIATED PRESS

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I Am Ozzy covers every gory detail of rock outlaw

PAT HEALY
Metro World News

He has bitten the heads off live creatures, tried to strangle his wife, urinated on the Alamo, and he has even been accused of putting subliminal messages in his music that would make listeners want to kill themselves.

To say nothing of the fact that he was the voice behind some of the heaviest songs in the rock 'n' roll canon. Despite all of this, in his autobiography, Ozzy Osbourne comes across as quite likable.

"I like to think that I'm a good guy," says Osbourne, "I've done some f—ing crazy f—ing things. I've done some things that I'm not proud of."

"Being successful is one thing, but I've also been successful and broke."
Ozzy Osbourne

Osbourne drops about three F-bombs per minute, and his mumbled British accent is surprisingly easier to understand than when his show on MTV spawned a host of comic impersonations.

His book, I Am Ozzy is an against-the-odds tale of dead end jobs that included tenures at a car horn tuning plant and a slaughterhouse. After six weeks in prison for burglary, he put a sign up in a music store saying he was available as a singer. Black Sabbath formed soon after, taking his career to new heights, in more than one way.

"I was drinking and doing piles of f—ing drugs," he says.

The Ozzy saga is a roller-coaster that includes him being fired from the band, starting a solo career the eclipsed that of his former group, losing his best collaborator in a freak airplane accident, and of course The Osbournes TV show that put him in living rooms where they had never heard his music.

I Am Ozzy is an against-the-odds tale of rock 'n' roll success

"I've had my ups and downs," says Osbourne. "Being successful is one thing, but I've also been successful and broke."

Now he seems to have his life under control. He says he gave up the booze a few years ago.

"I don't think I'd ever written this book if I'd still been drinking," he says. "I don't think I'd still be married if I'd still been drinking. There's a good chance I wouldn't even be alive if I'd still been doing all that stuff."

writing the wrongs

Osbourne says in his book that he is dyslexic, so how did he manage to pull off this book?

"I didn't actually put pen to paper," he says. Instead, British journalist Chris Ayres interviewed Osbourne extensively, and Ozzy would recount what he remembered, which sometimes proved difficult with what Osbourne says is "the jelly that I call my brain."

Chuck taps Willard, Swoosie

Chuck has tapped Fred Willard and Swoosie Kurtz to guest star as a Hart to Hart-esque spy couple now over-the-hill but still in the game. EW.COM

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DVD picks

Zombieland

Director: Ruben Fleische

THIS IS A ROAD movie and a buddy comedy, and it's funny as hell, but it's first and foremost a horror thriller about killing zombies. This means a lot of gnawed limbs, exploded skulls and things that go "ick" in the night — and day.

It's a point worth underlining, maybe even in blood, because the film Zombieland most resembles is Shaun of the Dead, which wasn't anywhere near as gory.

If you can't "nut up or shut up," as Woody Harrelson's redneck zombie zapper Tallahassee commands, then you're not even as brave as Woody's travelling companion Columbus, played by Jesse Eisenberg with his usual neurotic intensity.

Columbus can't make it with the ladies, even undead ones, but he's learned how to handle a shotgun (he's a crack shot, too). In his secondary role of narrator, he lists the survival rules he's developed to evade and eliminate zombies (No. 1: have good cardio for running).

Neither of these well cast dudes is a match for sisters Wichita (Emma Stone) and Little Rock (Abigail Breslin), fellow drifters on the body-strewn road.

Together they pinball across the country, heading towards the California amusement park they've heard might be zombie-free.

First-time director Ruben Fleischer, who hails from video games, and his TV screenwriters Rhett Reese and Paul Wernick have stitched together a real Frankenstein of a plot, but don't take that as a bad thing — and watch for the best cameo of 2009. Nut up or shut up!

Extras include cast and crew commentary, deleted scenes and making-of featurettes.

Amelia

Director: Mira Nair

EVERY UTTERANCE BY Hilary Swank in her interpretation of flying legend Amelia Earhart seems like either a motivational bromide ("What do dreams know of boundaries?") or a statement of female empowerment ("I want to be free").

Mira Nair's film strives too hard to be profound and not enough to be merely human. Swank bears a resemblance to Earhart, but her problematic accent sounds more like Annie Oakley and her various declarations are almost entirely banal.

What's lacking is any real sense of the woman behind the cardboard sentiments, the one who grew from a Kansas farm girl fascinated by flight into a record-breaking aviatrix whose mysterious 1937 disappearance over the South Pacific still fascinates the public mind.

"There's more to life than being a passenger," Earhart says early on, but the film ultimately takes all of us for a ride.

Extras include deleted scenes, featurettes and Movietone News.

Peter Howell/for Metro Canada

On the web

- Read our review of Black Dynamite at metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/2/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	American Idol (N) (CC)		Lost The aftermath from the bomb detonation. (CC)				CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		P3	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Masquerade" (N) (CC)		NCIS: Los Angeles "LD50"		The Good Wife "Bad" (N)		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Ali ★★★ (2001) Will Smith. Based on the life story of legendary boxer Muhammad Ali. (CC)						A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser The blue and yellow teams return. (N)				The Jay Leno Show (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	90210 "Women's Intuition"		Melrose Place "Gower" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Masquerade" (N) (CC)		NCIS: Los Angeles "LD50"		The Good Wife "Bad" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser The blue and yellow teams return. (N)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Young Family"		The Shopping Bags		Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Lost "Final Chapter" (N)		Lost The aftermath from the bomb detonation. (CC)				KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Dog Watch ★★ (1996, Suspense) Sam Elliott, Esai Morales.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	NOVA (N) (CC) (DVS)		Frontline World Wide Web and digital media.			Independent Lens (N) (CC)	
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (N) (CC)		Kitchen Nightmares (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	48 PBS	Frontline World Wide Web and digital media.			You've Gone	Tavis Smiley	Charlie Rose (N) (CC)		NOVA (CC) (DVS)	
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	55 TLA	Two/Half Men	Two/Half Men	90210 "Women's Intuition"		Melrose Place "Gower" (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	66 WGN	WGN News Election Special (Live) (CC)				According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	WHL Hockey: Rebels at Pats		Hockey	MMA Conn	UFC Countdown		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	Curling	SportsCentre (Live) (CC)			Off the Record	Hockey	Strongest Man	Strongest Man	SportsCentre
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	(6:30) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Dangerous Drives		Pass Time	NASCAR Hub	Monster Jam		Super Bikes!	Super Bikes!	Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Fries That?	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	30 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	31 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	35 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Russia: Journey		A Good Man Open a brothel. (N) (CC)			Recreat. Eden	Diff Life
	575	583	20 CMT	Home Imp.	Home Imp.	Shaye: This Is It		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According/Jim
	570	580	24 MM	(6:30) Muchmusic Countdown		MuchOnDemand (CC)		America's Best Dance Crew		disBAND	Video on Trial	Video on Trial
	600	564	25 H&G	House	House Hunt.	Holmes on Homes (CC)		Million Dollar Listing (CC)		Bang, Buck	Genevieve	House
	615	520	51 A&E	Paranormal	Paranormal	Paranormal	Paranormal	(:01) Criminal Minds (CC)		Psychic Kids: Paranormal		Paranormal
	628	584	52 SPKE	(:06) Pros vs. Joes		Entourage	Entourage	(:12) Pros vs. Joes		CSI: Crime Scene Invstgtn.		Mysteries
	521	560	24 TLC	Little Couple	Little Couple	19 Kids and Counting (CC)		19 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Little Couple
	616	522	93 SHO	Relic Hunter (CC)		Love Notes (2007, Drama) Laura Leighton, Antonio Cupo. (CC)				Drop Dead Diva (CC)		NCIS "Hiatus"
	620	523	40 BVO	Synchronicity (CC)		Law & Order "Bitter Fruit"		Without a Trace (CC)		Another You ★ (1991) Richard Pryor. (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives NYC		Real Housewives OC		Runway
	520	505	42 DIS	License to Drill "Cabin Fever"		Daily Planet (CC)		Destroyed	Destroyed	License to Drill "Cabin Fever"		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Pawn Stars		Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Fringe "The Bishop Revival"		InnerSpace	Stargate SG-1 "Prodigy"	Star Trek: Next Gener.			Lost "The Incident" (CC)	
	294	650	47 TBS	The Office	The Office	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Parking Wars	Parking Wars	Rescue Ink "No Bull" (CC)		Dog Whisperer (CC)		End of Leash	Bootcamp	Tube Tales
	603	561	52 FN	Good Eats	Good Eats	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	The F Word (CC)		Good Eats
	-	-	53 AMC	Lara Croft-Life	(:45) Escape From L.A. ★★ (1996, Action) Kurt Russell. (CC)			(:45) End of Days ★ (1999) Arnold Schwarzenegger. (CC)				
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	60 CEN	Gambler, Girl and Gunslinger		RocknRolla ★★ (2008) Gerard Butler, Tom Wilkinson. (CC)				(9:55) The Mist ★★ (2007) Thomas Jane.		
	581	566	101 MTV	Teen Mom (N) (CC)			After	Taking the Stage (CC)		Teen Mom (CC)		
	261	394	102 V	Unscripted (N)	Benmergui-Isr	Poltergeist: The Legacy		The Cotton Club ★★★ (1984, Musical) Richard Gere, Gregory Hines. (CC)				
	-	-	105 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Lost

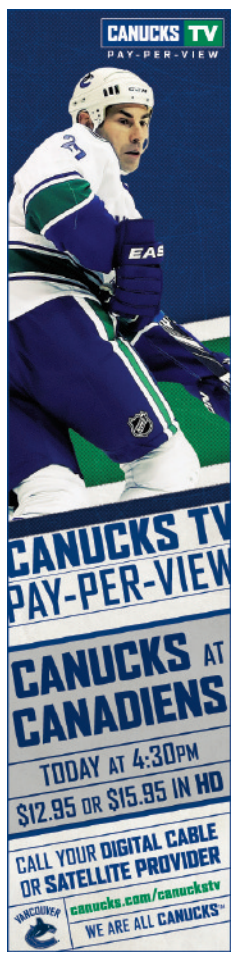
The Emmy-, Golden Globe- and Peabody Award-winning series returns for its final season with "LA X (Parts 1 and 2)," a two-hour episode wherein the aftermath from the detonation of the hydrogen bomb is revealed. Was Juliet (Elizabeth Mitchell) able to reset time, allowing Oceanic Air 815 to land safely in Los Angeles, or did the bomb destroy the island and all its inhabitants? Matthew Fox and Evangeline Lilly also star. 9 PM on CTV ABC

The Musical Brain

For better or worse, we're always getting songs stuck in our heads. But what do they do once they get in there? This special explores how the brain interprets music and uses it to shape our view of the world. 6 PM on BRAVO

Independent Lens

Incorporating interviews, animation, original field footage and recordings as well as photo-montage re-creations, Llewellyn Smith and Christine Herbes-Sommers' film "Herskovits at the Heart of Blackness" explores the largely forgotten writings of Jewish anthropologist Melville Herskovits. 10:30 PM on PBS



Bar loves cheap undies
Bar Refaeli loves wearing cheap underwear. The stunning model — who is the on/off girlfriend of Leonardo DiCaprio — admits she boycotts expensive panties for cheaper ones because she thinks luxury underwear is a waste of money, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

JONATHAN ROSS is making unpleasant discoveries, **NICOLE RICHIE** is taking part in history again, **DANE COOK** knows how to get over someone, and **KATY PERRY** keeps getting into trouble on Twitter.

@wossy I just coughed and a little piece of something I ate in 1985 has emerged. Back to bed for me...

@nicolerichie I was 4 years old in a studio watching my dad record We Are The World, & today I get to do it again. Excited to help make a change.

@danecook Best feeling when u see ur ex making out w/ some1 else at a movie & u dont care. Better feeling when the person ur w/ is way hotter.

@katyperry sorry mom, again. METRO WORLD NEWS

Ricky Gervais keeps it real

AMEN TO THIS Ricky Gervais is stirring up controversy after suggesting that certain people should be forbidden from reproducing.

"What there is, is too many useless people. Too many people who shouldn't have children," Gervais tells the Sunday Times. "If there's a woman in leggings, eating chips with a (cigarette) in her mouth, sterilize her." Gervais says he and his longtime girlfriend, Jane Fallon, have decided not to have children, explaining that it's "too much hassle."

METRO WORLD NEWS

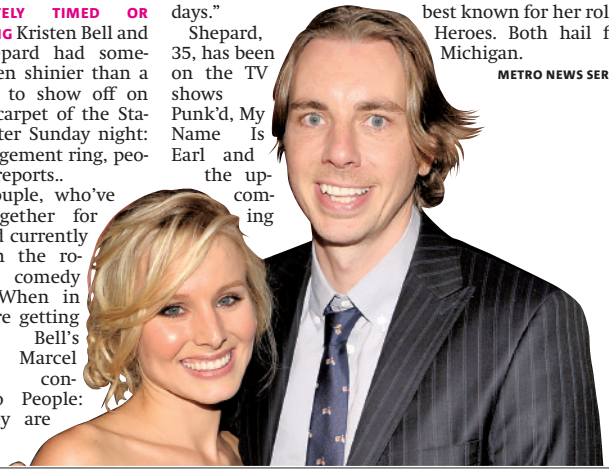
Bell, Shepard engaged

WOW ... IT'S LIKE IT WAS VERY DELIBERATELY TIMED OR SOMETHING Kristen Bell and Dax Shepard had something even shinier than a Grammy to show off on the red carpet of the Staples Center Sunday night: Her engagement ring, people.com reports..

The couple, who've been together for years and currently costar in the romantic comedy feature When in Rome, are getting married. Bell's rep, Marcel Pariseau, confirms to People: "Yes they are engaged. Over the holidays."

Shepard, 35, has been on the TV shows Punk'd, My Name Is Earl and the upcoming Parenthood. Bell, 29, is best known for her role on Heroes. Both hail from Michigan.

METRO NEWS SERVICES



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Tito under fire

MJ...THE GOSSIP TABLOID GIFT THAT NEVER STOPS GIVING Tito Jackson is accused of single handedly torpedoing a Michael Jackson tribute concert last year — and now the guy behind the show is looking to settle the score, TMZ.com reports.

A concert promoter named Roy Isaac has fired off a letter to Jackson demanding he return a $7,500 US deposit allegedly paid for a concert in Michigan that never happened. Isaac tells TMZ the whole thing fell apart, in part, because Jackson refused to do any press for the show. Now, Isaac has told Jackson that he wants his money back — in 30 days — or else he'll sue.

Jackson's rep tells TMZ that Tito never got the money and Isaac's beef should be with Jackson's former booking agent.

METRO NEWS SERVICES

Book recalls intervention

HAPPY B-DAY, QUIT DOING DRUGS Elton John once used Donatella Versace's daughter's birthday party as a ruse to stage an intervention for the designer, according to a new book. House of Versace details how Allegra Versace allowed John to use her 18th birthday in 2004 as a chance to confront Donatella about her long-term drug use.

It worked apparently, as the designer reportedly boarded a private plane and flew to a rehab facility in Arizona the same day.

METRO WORLD NEWS

Wood tries to kick habit

ON THE WAGON, WITH A LITTLE HELP Ronnie Wood is taking anti-craving tablets to help him stop drinking, femalefirst.co.uk reports. The Rolling Stones rocker is reportedly taking one Campral tablet everyday to help him cope with the withdrawal symptoms as he attempts to reduce his alcohol intake.

Campral is the brand name for Acamprosate, which helps treat people with alcohol dependency by stopping neurotransmitters in the brain getting overexcited by alcohol withdrawal.

Apparently, the 62-year-old guitarist agreed to take the medication in a last-ditch effort to avoid being admitted to rehab. A source said: "Rehab is a last resort — he wants to do cold turkey himself."

Wood — who has battled alcoholism for years — fell off the wagon in 2008, leaving his wife of 23 years Jo for now ex-girlfriend Katia Ivanova, femalefirst.co.uk adds.

METRO NEWS SERVICES

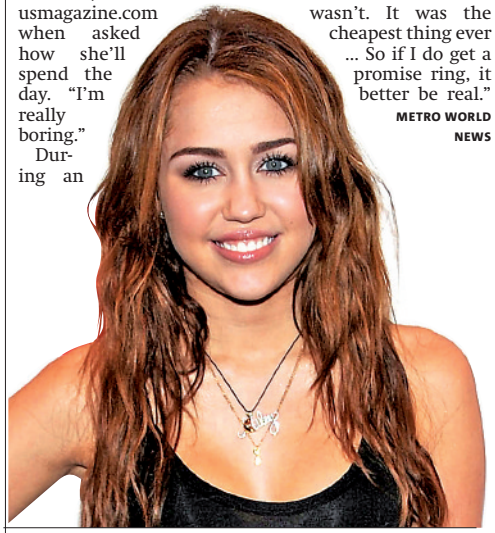
No V-Day plans for Miley

SOMEONE PHONE UP R. KELLY Miley Cyrus — who has been spotted smooching Aussie actor (and Last Song costar) Liam Hemsworth — doesn't have any plans for Valentine's Day this year, usmagazine.com reports.

"Work," she told usmagazine.com when asked how she'll spend the day. "I'm really boring."

During an E! pre-Grammy show, she denied rumours that she's engaged — or that she's been wearing a promise ring. "I bought it myself," Cyrus, 17, said of the bling. "And I got it made in London, and everyone thought it was diamond when it wasn't. It was the cheapest thing ever ... So if I do get a promise ring, it better be real."

METRO WORLD NEWS



Britney goes cross country

PLANE JANE It was a mad dash across country for Britney Spears as she tried to get to the Grammys on time. The pop star was spotted boarding a flight from Miami to L.A. Sunday morning, according to Popeater. "She was with an entourage of eight who were so nervous about not having enough time to get her red carpet ready" a stylist tells the website.

METRO WORLD NEWS

The Weather Network ©The Weather Network 2010

Today Showers 40% 9°/4°

Wednesday Variable 9°/4°

Thursday Variable 9°/3°

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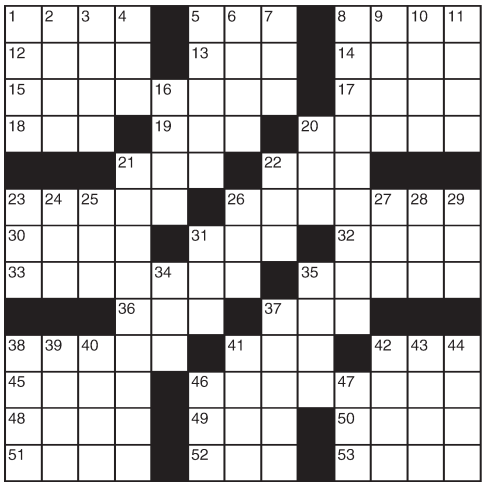

ACROSS

1 Cleanser
5 Aviate
8 "Consarn it!"
12 Diamond Head locale
13 "7 Faces of Dr. —"
14 Sand-wich cookie
15 Leave the witness stand
17 Corrosion
18 Resistance unit
19 Coffee shop vessel
20 Trap
21 Dos Passos trilogy
22 Addressee
23 Representative
26 Showing 33-Across
30 Parliamentarian
31 Upper limit
32 Defeat decisively
33 Ennui
35 Wherewithal
36 Ply oars
37 That girl
38 At the stern
41 Slithery squeezer
42 Billboards
45 Texas city
46 Track
48 Fancy rental car
49 Buck's mate
50 Staff
51 Undo a dele
52 Whatever number
53 Surrounded by

DOWN

1 Mediocre
2 Inauguration recitation
3 Throat-clearing sound
4 Litter member
5 Plant life
6 Gnome home?
7 Thither
8 Australia
9 Geometry find
10 Approach
11 Clinton's veep
16 White-glove find
20 Spread seeds
21 In the way
22 Shrill bark
23 Priestly vestment
24 Sticky stuff
25 Blunder
26 Sweet potato
27 Glass of NPR
28 Sister
29 "Pygmalion" playwright's monogram
31 Intimidate
34 Speck
35 Vegan's no-no
37 Nonsense
38 Piercing tools
39 Fisherman's supply
40 Pinnacle
41 Blessing
42 Teensy bit
43 Sandwich shop
44 Raced
46 Rx watchdog org.
47 Resort

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3				5			
5			9	1		4	2	
6		1					9	
	7	8		9				
			5		4			
				3		1	7	
	9					3		2
	1	2		6	3			4
			8				6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	A	A			A	P	R		O	B	O	E		
L	I	N	G		F	L	U		V	I	N	E		
O	D	O	R		T	O	P		E	D	E	N		
C	A	N	O	E		W	E	A	R					
			U	N	A		E	R	S	A	T	Z		
G	R	A	N	D	M	A		C	H	L	O	E		
L	A	R	D		I	L	K		A	B	L	E		
I	T	C	H	Y		S	A	N	D	A	L	S		
B	E	H	O	O	F		T	O	O					
			G	U	L	L		T	W	I	R	L		
S	E	E	D		A	I	R		E	C	H	O		
P	L	E	A		M	A	Y		D	O	E	S		
A	L	L	Y		E	R	E			N	A	T		

9	5	3	4	1	6	2	8	7
6	2	7	3	8	5	9	4	1
1	8	4	7	2	9	5	3	6
5	4	1	2	9	7	8	6	3
3	9	6	1	4	8	7	2	5
8	7	2	5	6	3	1	9	4
2	6	5	9	3	1	4	7	8
4	1	8	6	7	2	3	5	9
7	3	9	8	5	4	6	1	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Salmon and Artichoke Open Omelette

INGREDIENTS:

8 eggs
1/4 lb (125 g) smoked salmon slices
1 tbsp (15 ml) chopped fresh dill
3 tbsp (45 ml) sour cream
1 1/2 tbsp (20 ml) butter
14 oz (398 ml) can baby artichokes, rinsed and quartered

METHOD:

1. Break eggs into large bowl and add 3 tbsp (45 ml) water and seasoning. Beat until combined but not foamy.
2. Cut salmon slices into 4 x 1 1/4 in. (10 x 3 cm) ribbons. Stir dill into sour cream. Preheat Broiler.
3. Heat butter in nonstick frying pan that can go under grill. When butter looks foamy, pour in egg. Cook over high heat until egg starts to set underneath. Using back of fork, stir so that liquid egg runs under set mixture. Leave to cook until omelette starts to brown underneath.
4. When omelette looks almost set, quickly top with smoked salmon strips and scatter artichoke over. Remove pan from heat and slide under grill; cook until lightly browned on top.
5. Remove from heat. Spoon dollops of sour cream on to omelette, which will melt to make light sauce. Cut into wedges and serve.

SERVES 4

rd.ca

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Don't worry if you've been finding it difficult to get along with a certain individual. Venus, planet of harmony, will help you overcome your differences.

TAURUS ♉
APRIL 21-MAY 21
If there is something you want done, something that is important to you, there is no alternative but to do it yourself.

GEMINI ♊
MAY 22-JUNE 21
If you let others set the rules of the game today they will inevitably fix them so that they win and you lose.

CANCER ♋
JUNE 22-JULY 22
Think long and hard before ending an association that won't be easy to resurrect. You may be angry with someone for letting you down.

LEO ♌
JULY 23-AUG 23
Loved ones will be extra demanding today and if you get through to bedtime without losing your cool you will have done very well indeed.

VIRGO ♍
AUG 24-SEPT 22
Take it easy today, and for the next few days, because there are some busy times ahead. Changes on the work front could affect you.

LIBRA ♎
SEPT 23-OCT 23
Someone you live with or work alongside is being less than honest about what they intend to do and what they do could affect your livelihood.

SCORPIO ♏
OCT 24-NOV 22
Why are you worrying about things over which you have no control? Whatever the reason your task now is to embrace the unknown.

SAGITTARIUS ♐
NOV 23-DEC 21
Take a break from your work and think about the direction in which your life is moving. Sometimes Sagittarians can stray off course a little.

CAPRICORN ♑
DEC 22-JAN 20
You are attaching far too much importance to other people's opinions and not enough importance to your own beliefs.

AQUARIUS ♒
JAN 21-FEB 18
If you think that someone is wasting your time then let them know you don't take kindly to those who tell you one thing but mean another.

PISCES ♓
FEB 19-MARCH 20
Put minor issues out of your mind and focus only on the things that really matter. Some people may be upset that you have no time for them, though.

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